

## Indoor Group Cycling Schedule Effective Winter/Spring I/Spring II/Summer 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:00 AM	5:15-6:00 AM	5:15-6:00 AM <i>Winter and Spring I ONLY</i>	5:15-6:00 AM		
						6:45-7:30 AM
8:00-9:00 AM						8:00-8:45 AM
	9:30-10:15 AM	9:30-10:15 AM	9:30-10:15 AM	9:30-10:15 AM	9:30-10:15 AM	9:15-10:00 AM Weekend Warrior
	10:30-11:00 AM BEGINNER CLASS*					
	5:45-6:30 PM	5:45-6:30 PM	5:45-6:30 PM	5:45-6:30 PM		
	7:00-7:45 PM <i>Winter and Spring I ONLY</i>	7:00-7:45 PM <i>Winter and Spring I ONLY</i>	7:00-7:45 PM <i>Winter and Spring I ONLY</i>	7:00-7:45 PM <i>Winter and Spring I ONLY</i>		

\* Beginner class is held the first Monday of every month.

Classes must have at least 5 signed up to run.

Bike reservations may be made up to one week in advance.

New participants must arrive to the cycling studio 15 minutes before the start of class. All participants must arrive to class before the start time.

Water bottle is mandatory.

If participant cannot attend class the participant must call the Health and Wellness Center (860) 426-9528 to reserve a bike or to cancel.

Minimum age to participate in Indoor Cycling classes is 16 years old.

