



# INDOOR CYCLING OCT. 2017

(Gymnasium)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:30PM	3 6:00AM 8:40AM	4 6:30PM	5 6:00AM	6	7
8	9 6:30PM	10 6:00AM 8:40AM	11 6:30PM	12 6:00AM	13	14
15	16 6:30PM	17 6:00AM 8:40AM	18 6:30PM	19 6:00AM	20	21
22	23 6:30PM	24 6:00AM 8:40AM	25 6:30PM	26 6:00AM	27	28
29	30 6:30PM	31 6:00AM 8:40AM				



# INDOOR CYCLING

## CLASS DESCRIPTIONS:

Stationary exercise bicycle focusing on endurance, strength, intervals, high intensity (optional), and recovery. Various light and music settings to create an energized atmosphere.

**Located in our gymnasium.**