



# iCYCLING

## February 2012

**Welcome to iCYCLING!** iCYCLING is our indoor cycling program with state-of-the-art Keiser M<sub>3</sub> magnetic resistance bikes. Classes are led by nationally certified instructors. iCYCLING is designed for individuals of all fitness levels and experience, from first time riders to experienced racers. It is a perfect program for those looking to incorporate cross-training into their workout AND for those who are specifically training for an event or sports activity. Come be inspired and invigorated with us!! (*i-90- 90 minute class for those looking to build endurance*).

**Remember:**

- **Bring a towel and water bottle. Headphones are not allowed in class.**
- **Come early if you have never set up a bike before.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 pm 5:30 pm	5:35 am 9:15 am 5:30 Cycle & Core	4:30 pm	5:35 am 9:15 am 5:30 Cycle & Strength	8:15 am  12:00 pm Cycle & Strength	i-90 7:15-8:45am  9:15am	12:30

Class size is limited to 29 participants so you MUST sign up at the front desk to participate. Sign up is available 30 minutes before class time. Classes are held in the Cycling room.

*Life is short, enjoy the ride!!!*

