

MOVE TODAY FOR A BETTER TOMORROW

## Indoor Cycling Options

February 27, 2012-April 15,2012



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**INDOOR CYCLING**

	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
<b>6:00am</b>	Cycle-60 Ted K.		Cycle-60 Ted K.	COMPUTRAINER MultiRider Threshold Ride (75) Tim D. \$\$	Cycle-60 Ted K.	Cycle-60 Shelly H.
<b>6:15am</b>		Cycle-45 Chris R.				
<b>12:10pm</b>	Cycle-40 Bob B.	Cycle-40 Amy G. (	Cycle-40 Amy G.	Cycle-40 Amy G.	Cycle-40 Julie W.	<b>**6:30AM CLASS**</b> 2 Hour Computrainer Technical Rides Every Saturday
<b>5:30pm</b>	Cycle-45 Mickey P.	COMPUTRAINER MultiRider Tempo Ride (75) Ted K. \$\$	Cycle-45 Janine C.	COMPUTRAINER MultiRider Threshold Ride (75) Brian G. \$\$		
<b>7:15pm</b>		COMPUTRAINER MultiRider Tempo Ride (75) Ted K. \$\$		COMPUTRAINER MultiRider Threshold Ride (75) Sam S. \$\$		

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