

# CYCLE CENTER CLASSES- Main Facility

2-3-10

|                                       |                        |  |                             |  |                          |                       |
|---------------------------------------|------------------------|--|-----------------------------|--|--------------------------|-----------------------|
| Monday                                | All Terrain<br>6:00am  | All Terrain<br>9:30am  | All Terrain<br>12:15pm      | All Terrain<br>4:30pm  | All Terrain<br>5:30pm    | All Terrain<br>6:30pm |
|                                       |                        | All Terrain<br>10:30am   |                             |  |                          |                       |
| Tuesday                               | All Terrain<br>6:00 am | All Terrain<br>9:30am<br><small>(Get Number At Front Desk)</small> | All Terrain<br>4:30 pm      | All Terrain<br>5:30pm  | All Terrain<br>6:30pm    |                       |
| Wednesday                             | All Terrain<br>5:00 am | All Terrain<br>6:00am  | All Terrain<br>9:30am       | All Terrain<br>4:30pm  | All Terrain<br>5:30pm    | All Terrain<br>6:30pm |
| Thursday                              | All Terrain<br>6:00 am | All Terrain<br>9:30am<br><small>(Get Number At Front Desk)</small> | All Terrain<br>4:30pm       | All Terrain<br>5:30pm  | Road Challenge<br>6:30pm |                       |
| Friday                                | All Terrain<br>6:00am  | All Terrain<br>9:30am  | Classic Rock Ride<br>4:30pm | Happy Hour<br>6:00-7:00pm  |                          |                       |
| Saturday<br><small>(8am-10pm)</small> | All Terrain<br>8:30am  | All Terrain<br>9:30am  | All Terrain<br>10:30am      |  |                          |                       |
| Sunday<br><small>(8am-10pm)</small>   | All Terrain<br>8:30am  | All Terrain<br>10:00am   | All Terrain<br>4:00pm       | All Terrain<br>5:00pm<br><small>(Get Number At Front Desk)</small> |                          |                       |

## ALL TERRAIN

Take your body and your mind to the mountains, the beaches or flat top roads. This ride will challenge your endurance, strength and racing performance.

## CLASSIC ROCK RIDE

The workout that rocks out. Ride to classic music from the 60's & 70's.

## ENDURANCE

Cycling is endurance. Train to maintain levels above your "preferred zone".

Heart rate monitor optional.

## HAPPY HOUR

Start your weekend off right with a healthy indulgence. Happy Hour is an intense ride with high energy music.

## ROAD CHALLENGE

Ninety minutes of challenges, intervals, sprints, and climbs. The fourth **Thursday** of every month is a two-hour ride. Make this class as hard as you can take. Go for it. Cycle hard.

## Rules for the Ride

1. Cycles are available on a first come, first serve basis.  
You must be riding a bike to reserve it.
2. Please do not enter the cycle center while a class is in session to reserve a bike.
3. Please bring a towel and a water bottle to class.
4. New cyclists should arrive ten minutes before class to make cycle adjustments.
5. If you prefer to ride while a class is not in session, wear headphones and carry your own music.

