INDOOR CYCLING

UNLIMITED CLASS SESSIONS

CHOOSE YOUR DAYS & TIMES

WEDNESDAYS 5:45 AM · FRIDAYS 5:45 AM

REGISTER FOR A SESSION TO SECURE A SEAT
OR DROP-IN TO A CLASS $5.50 MEM; $6.50 UNV

OCT. 14 - NOV. 13
$25 MEM; $35 UNV
***REGISTRATION OPEN NOW!**

NOV. 18 - DEC. 23
NO CLASS 11/27
$25 MEM; $35 UNV
***REGISTRATION OPEN NOW!**

*WHEN YOU REGISTER FOR A SESSION, PLEASE HAVE THE DESK STAFF ADD YOUR NAME TO THE ROSTER OF THE DAY(S) YOU WILL BE ATTENDING ON A *REGULAR BASIS*. YOU MAY DROP-IN TO ANY OF THE OTHER DAYS AT NO CHARGE AS SPACE ALLOWS.

*IF NEW TO CLASS, COME ABOUT 15 MINUTES BEFORE FOR SET-UP AND ORIENTATION. CLASSES LAST ABOUT 45 MINUTES.

*IF YOU ARE GOING TO MISS A CLASS YOU HAVE REGISTERED FOR, PLEASE CALL & CANCEL BEFORE CLASS SO SOMEONE ELSE MAY USE YOUR SPACE.

*DROP-IN BIKES AVAILABLE NO MORE THAN 15 MINUTES BEFORE CLASS BEGINS.

AN INSTRUCTOR LEADS YOU THROUGH THIS CARDIO WORKOUT INDICATING WHEN TO ADJUST YOUR SPEED AND RESISTANCE LEVEL (MAKING IT EASIER OR HARDER TO PEDAL).

THE CLASS IS SET TO MUSIC AND ALLOWS YOU TO GO AT YOUR OWN PACE AND SET YOUR OWN RESISTANCE LEVEL.

REGARDLESS OF HOW FIT, FLEXIBLE, OR COORDINATED YOU ARE, YOU CAN GET A GREAT WORKOUT!

GET YOUR RIDE ON

30 & OUT CLASSES

½ HOUR RIDE - FREE MEM; $4 UNV
BIKES AVAILABLE FIRST-COME; FIRST-SERVE.
GREAT COMBO WITH BODY SCULPT!

MONDAYS 8:30 AM

WEDNESDAYS 5:45 PM
FOLLOWED BY 30 & OUT CORE/FLEX