

AC/Cycle Classes - 2/1/2017

MON	TUE	WED	THU	FRI	SAT	SUN
8:30a-9:30a AC/Cycle Desiree	5:30a-6:30a AC/Cycle Amber 8:00a-8:45a AC/Cycle Linda	8:30a-9:15a AC/Cycle Barbara	6:00a-6:30a AC/Cycle Amber 8:30a-9:30a AC/Cycle Robert	5:30a-6:30a AC/Cycle Desiree 8:30a-9:30a AC/Cycle Desiree	8:30a-9:30a AC/Cycle Lindsey 9:45a-10:45a AC/Cycle Robert	8:30a-9:30a AC/Cycle Karen
4:30p-5:15p AC/Cycle Robert 5:30p-6:30p AC/Cycle Robert	4:30p-5:30p AC/Cycle Barbara 5:30p-6:30p AC/Cycle Robert	6:00p-7:00p AC/Cycle Amber		4:30p-5:30p AC/Cycle Karen		

AC/CYCLE CLASS PASS

1. You must have a Class Pass.
2. Passes are available at the Front Desk 30 minutes prior to class.
3. Only 1 pass person.
4. Instructor will collect your Class Pass at the beginning of class.

AC/CYCLEROOM RULES

1. Please arrive early, we recommend 10-15 minutes.
2. No one is allowed in the room prior to the instructor arrival.
3. Bikes are not allowed to be saved for any rider not present prior to the start of class.
4. Please bring a towel and water bottles to each class – No open containers.
5. Riders are required to wipe down bikes after each class.
6. If it is your first class, please arrive early so the instructor can fit you properly on the bike.

Water Aerobics - 2/1/2017

MON	TUE	WED	THU	FRI	SAT	SUN
		5:30p-6:30p Water Aerobics Robert			11:00a-12:00p Water Aerobics Robert	