



# iCYCLING

October 2009

Welcome to iCYCLING!

iCYCLING is our new 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!!

Remember:

- Bring a towel and water bottle.
- Come early if you have never set up a bike before.
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 pm 5:30 pm	5:45 am 9:15 am 5:30 pm	4:30 pm	5:45 am 9:15 am 5:30 Sculpt & Cycle	8:15 am 12:00 pm Lift & Cycle (meet in gym)	9:15am	

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.

