

Arcata HealthSPORT

January 2012

Cycling Studio

MON	TUES	WED	THURS	FRI	SAT
6-6:50am Cycling Bill	6-6:50am Cycling Jolly	6-6:50am Cycling Bill	6-6:50am Cycling Laura	6-6:50am Cycling Bill	
8-8:50am Cycling Vic		8-8:50am Cycling Vic		8-8:50am Cycling Vic	
9-9:50am Cycling Andrew	9-9:50am Cycle Strength Anya	9-9:50am Cycling Andrew	9-9:50am Cycle Strength Andrew	9-9:50am Cycling Andrew	9-9:50am Cycling Danielle
12-12:50pm Cycle Strength Daniel		12-12:50pm Cycle Strength Daniel		12-12:50pm Cycle Strength Andrew	
5:30-6:30pm Cycling Ely	5:30-6:20pm Cycling Andrew	5:30-6:30pm Cycling Ely	5:30-6:20pm Cycling Suz	5:30-6:30pm Cycling Daniel	

New to Cycling? Welcome!

Please arrive a few minutes early to class so the instructor can fit you to your bike and provide instruction to maximize the enjoyment of your class.

Class Descriptions:

Cycling – Fat burning cardio.

Cycle Strength – 30 min. of cycling followed by weight room strength training.

Things to know:

- Sign up at the Service Desk to reserve a bike.
- Sign ups will begin 30 minutes prior to class time.
- You will receive a stamp to hold your spot.

Please keep the door to the cycling studio closed.