

Indoor Cycling Schedule / Rates

Winter 2019-2020



Begins
November 4th- March 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM - 6:45AM (Debbie)		5:45 - 6:45AM (Carrie)		7:10 - 8:10AM (Debbie)	
7:00AM - 7:45AM 45 minutes (Gina/TBA)	8:00AM - 9:00AM (Martin)	7:00 - 7:30AM 30 minutes (Gina/TBA)	8:00 - 9:00AM (Martin)	8:00 - 9:00AM (Gina)	9:00 - 10:00AM (Gina)	9:30 - 10:30AM (TBA)
9:30AM - 10:30AM (Lisa)		9:30 - 10:30AM (Lisa)		9:30 - 10:30AM (Debbie)		
6:00PM-6:30PM Cycle 6:40-7:10PM Strength (Bonnie)		6:00PM-6:30PM Cycle 6:40-7:10PM Strength (Roe)	4:15-4:45PM Strength 5:00-5:30PM Cycle (Bonnie)			

Sign-Up: MEMBERS WILL BE ABLE TO CALL AND RESERVE BIKES

Reservation will be accepted starting @12 noon the day before scheduled class. Please call or stop at desk in person.

Non-members may call after 5:00PM the day before the class for a reservation (609) 398-6900.

1. PLEASE TRY TO ARRIVE 10 MINUTES EARLY FOR SCHEDULED CLASS Allow time to check in at front desk. You will be issued a ticket to class. Please give the ticket to the instructor.
2. Allow time to get your bike set up and fit to your body. YOUR INSTRUCTOR WILL BE HAPPY TO ASSIST WITH YOUR SET UP Bikes adjust in various positions, it is very important that your bike is set up properly, improper bike set up can result in discomfort, even injury.
3. BRING WATER AND A TOWEL - you will sweat in cycle class, dress appropriately, and hydrate, hydrate, hydrate!

IF YOU RESERVE A CLASS PLEASE SHOW UP! To not be penalized please call 2 hours prior to class start to cancel. 3 no-shows will result in class charge.

*Bike will be forfeited if you are not **on bike** when class is scheduled to start. **NO ONE** will be allowed into class after class begins.*

Class and Discounted Package Rates:

Members - 1 class \$10, 6 classes \$40, 12 class \$60 packages do not expire, are for any class time & non transferable

Non-members - 1 class \$15, 6 classes \$72, 12 classes \$100

Package rates for Members - \$175 year or \$25 monthly (unlimited).

