

# EXPERT FITNESS

Health, Performance, Rehab and Weight Loss Center

## INDOOR CYCLING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>5:30 –6:15</b> 45 Minute Ride JOHN		<b>5:30 –6:15</b> 45 Minute Ride DINA		<b>8:30 – 9:15</b> 45 Minute Ride BARB	
<b>9:15-9:55</b> 40 Minute Ride JANE	<b>9:15-9:55</b> 40 Minute Ride BARB	<b>9:15-9:55</b> 40 Minute Ride JANE	<b>9:15-9:55</b> 40 Minute Ride BARB	<b>9:15-9:55</b> 40 Minute Ride SALINA		
	<b>4:30– 5:00</b> 30 Minute Interval BARB					
<b>5:30-6:10</b> 40 Minute Ride BARB	<b>5:45 -6:25</b> 40 Minute Ride DAN		<b>5:45 -6:25</b> 40 Minute Ride DAN	<b>5:30-6:10</b> 40 Minute Ride JIM		

- ✓ Sign-Ups are required for all cycling classes – see front desk for details
- ✓ If you do not cancel or do not show you will be charged \$5 No Show Fee
- ✓ Please note all Cycling Classes require a minimum of 8 members to be held