



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CYCLE CLASSES

Are you ready for something different? Stationary cycling is a popular alternative for aerobic training because it is non-impact. Individual cycling in the home or gym without any form of guidance or encouragement is regarded by many people as "boring." Indoor Cycling is an exciting highly motivating vigorous program for the many enthusiasts who may choose indoor cycling for fitness training or in preparation for outdoor cycling activities.

Come on a ride with one of our instructors. They will take you through peaks and valleys both physically and psychologically. Indoor cycling can be adapted for the whole spectrum of age groups and fitness levels.

Classes are instructor-led workouts on our Star Trac cycles. Included will be a warm-up, a cardiovascular, a cool-down, and a flexibility phase. You will need to bring a water bottle and towel to class.

Schedule

5:45AM

Tuesday & Thursday

12PM

Thursday

6:05PM

Monday & Wednesday

6:35PM

Tuesday & Thursday