

Monday

9:15am Cycle**

5:15 pm Cycle

Tuesday

5:45am Cycle

9:15am Cycle

10:30am Senior Cycle*

6:30pm Cycle

Wednesday

5:45am Cycle

8:15am Cycle

9:15am Cycle

5:15pm Cycle

Thursday

5:45am Cycle

9:15am Cycle

10:30am Senior Cycle*

6:30pm Cycle

Friday

9:15am Cycle

Saturday

8:15am Cycle**

Sunday

No Classes

** 1 hour class *30 minute class

Cycle Details

Classes are first come, first serve!

You must show up in person and pick up a bike number from Member Services to secure your bike

You can only pick up a bike number for yourself only

You can get a bike number no more than 15 minutes prior to start time

Classes are FREE

All classes are 45 minutes, unless designated otherwise.

Don't forget to bring a water bottle

Remember, if you are wearing pants make sure they are not flared at the leg. Shorts are preferred.

Also, you must wear shoes that cover the whole foot.

Thanks and see you in class!



