

INDOOR CYCLING

SATURDAY 7:00 AM SATURDAY 12:30 PM

MONDAY 6:45 AM

WEDNESDAY 7:45-8:45 PM

All classes are taught in the carpet room.

More classes will be announced as room and instructor availability improves.

MEMBERS: FREE

NON-MEMBERS \$10.00/CLASS

Indoor Cycling Rules

1. You must check in at the front desk.
2. You must pay for a session to reserve a bike for each different class time.
3. Bikes that are not reserved are available on a first come first served basis.
4. Reservations are non transferable.
5. Please come 10 minutes early to set up your bike.
6. 5 minutes after the start of the class if you are not present you may forfeit your reserved bike.
7. You may not save a bike for another person.
8. Please bring a bottle of water and a small towel to the class.
9. Please wipe down bikes after each use.
10. **Enjoy the experience!!**

Introducing :
The Keiser M3
Voted
top Indoor cycle
in the market

