

CycleFit Schedule

Fall 2009

Classes begin Tuesday, September 8 and end Friday, December 11

Monday	Tuesday	Wednesday	Thursday	Friday
CycleFit 12-12:45 p.m. Kelly B		CycleFit 12-12:45 p.m. Kelly B		
	Sunrise Cycle 7-7:45 a.m. Chrisanna		Sunrise Cycle 7-7:45 a.m. Rachel	CycleFit 12-12:45 p.m. Marissa
CycleFit 7-7:50 p.m. Alissa		CycleFit (HIT) 7-7:50 p.m. Alissa		
	CycleFit (HIT) 5:15-6 p.m. Bre		CycleFit 5:15-6 p.m. Jessica	

Class Pass Prices

Daily CycleFit \$4.00

Semester Pass \$35.00

Combo Pass \$60.00

Combo pass valid for both Aerobics & CycleFit

CycleFit: Challenge your fitness level in this high energy, calorie burning, 45-minute indoor cycling class. It is possible to burn 500 calories in just one class!

HIT: Classes market with "HIT" are taught at a high intensity.

Please note that all classes are taught at an intermediate level. Instructors will give options to increase or decrease intensity. As a participant you control the intensity of your ride. Beginners are welcome at every class!



Classes that demonstrate consistent low attendance will be canceled at the discretion of the Assistant Director-Fitness & Wellness.