

# CYCLING | MARCH SCHEDULE

## MONDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15am	RAC CYCLING	Jenny
9:00-10:00am	RAC CYCLING	Sandy
12:00-12:30pm	LES MILLS <i>sprint</i>	Ashley T
5:30-6:15pm	RAC CYCLING	Tamara
6:30-7:00pm	Cycling Intervals	Greg

## TUESDAY

TIME	CLASS	INSTRUCTOR
5:05-5:35am	LES MILLS <i>sprint</i>	Holly/Natalie
6:30-7:15am	RAC CYCLING	Mel
9:00-9:45am	LES MILLS <i>RPM</i>	Michelle
12:00-1:00pm	RAC CYCLING	Sandy
5:30-6:00pm	LES MILLS <i>sprint</i>	Courtney

## WEDNESDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15am	RAC CYCLING	Sarah W
9:00-10:00am	RAC CYCLING	Sandy
10:15-10:45am	LES MILLS <i>sprint</i>	Ashley T
5:30-6:30pm	RAC CYCLING	Jenny
6:35-7:05pm	LES MILLS <i>sprint</i>	Jenny

## THURSDAY

TIME	CLASS	INSTRUCTOR
6:30-7:30am	RAC CYCLING	Rhonnie
9:00-9:45am	RAC CYCLING	Greg
12:00-12:30pm	LES MILLS <i>sprint</i>	Ashley T
5:30-6:30pm	RAC CYCLING	Sandy

## FRIDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15am	RAC CYCLING	Romy
9:00-10:00am	RAC CYCLING	Sherrie

## SATURDAY

TIME	CLASS	INSTRUCTOR
8:10-8:40am	LES MILLS <i>sprint</i>	Courtney/Holly
9:00-10:00am	RAC CYCLING	Tamara/Holly

## SUNDAY

TIME	CLASS	INSTRUCTOR
8:10-8:40am	LES MILLS <i>sprint</i>	Marti/Natalie
9:00-10:00am	RAC CYCLING	Marti

## TECHNIQUE CLASSES

DATE	TIME	CLASS
Sat., 3/10	10:15-10:10:45am	CYCLING 101

★ New Class

The Cycling Studio is available for use whenever a class is not in session.

**Please note:** Classes highlighted in yellow are on the "watch list." These classes have had low participation and are in jeopardy of being canceled. In order to make the most efficient use of our studio space, we may discontinue classes if there are under 10 participants consistently.

### CYCLING INTERVALS

Join Greg for this 30 minute cycling class that keeps a HIIT (high intensity interval training) format with a fun playlist and motivating cues to push you along your fast ride.

### LES MILLS RPM

RPM™ is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. If you want a true sense of achievement, get into a RPM class today.

### LES MILLS sprint

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout.

### RAC CYCLING

Each cycling class takes you on a ride through varied terrain including hills large and small; speed work, including sprints and jumps; and opportunities to practice form during endurance intervals. Every cycling class is inclusive for all levels as options are given to push yourself as hard as you feel fit. Music styles will vary by instructor.