

# EXPERT FITNESS

Health, Performance, Rehab and Weight Loss Center

## INDOOR CYCLING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 –6:15 <b>45 Minute Ride</b> <b>JOHN</b>		5:30 –6:15 <b>45 Minute Ride</b> <b>DINA</b>		8:30 – 9:15 <b>Saturday Morning Rock</b> <b>BARB</b>	8:30 – 9:15 <b>Sunday Morning Rock</b> <b>LINDSAY</b>
9:15-9:55 <b>40 Minute Ride</b> <b>JANE</b>	9:15-9:55 <b>Fat Burning Intervals</b> <b>BARB</b>	9:15-9:55 <b>40 Minute Ride</b> <b>JANE</b>	9:15-9:55 <b>Fat Burning Intervals</b> <b>BARB</b>	9:15-9:55 <b>40 Minute Ride</b> <b>SALINA</b>	9:30-10:15 <b>45 Minute Ride</b> <b>JOHN</b>	
	4:30– 5:00 <b>30 Minute Interval</b> <b>BARB</b>		4:30– 5:00 <b>30 Minute Interval</b> <b>JANE</b>			
5:30-6:15 <b>Fat Burning Intervals</b> <b>BARB</b>	5:45 -6:30 <b>40 Minute Ride</b> <b>MELISSA</b>	5:30-6:15 <b>45 Minute Ride</b> <b>LINDSEY</b>	5:45 -6:30 <b>40 Minute Ride</b> <b>DAN</b>	5:30-6:15 <b>Friday Night Rock</b> <b>BARB</b>		
		7:00-7:45 <b>45 Minute Ride</b> <b>JEFF</b>				

✓ **Please call if you can not make class**

✓ **If you do not cancel or do not show you will be charged \$5 No Show Fee**

✓ **ONLINE Sign-Ups are from Thursdays at 7:00 am until Fridays at 7:00 am**

✓ **Please note all Cycling Classes require a minimum of 8 members to be held**