

# CYCLING SCHEDULE | FEBRUARY

## MONDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15am	RAC CYCLING	Jenny
9:00-10:00am	RAC CYCLING	Sandy
5:30-6:30pm	RAC CYCLING	Christian
8:00-9:00pm	RAC CYCLING CONCERT SERIES	

## TUESDAY

TIME	CLASS	INSTRUCTOR
6:30-7:15am	RAC CYCLING	Marti
9:00-10:00am	LES MILLS RPM	Michelle
12:00-1:00pm	RAC CYCLING	Sandy
5:30-6:30pm	RAC CYCLING	Barb

## WEDNESDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15am	RAC CYCLING	Nicole
9:00-10:00am	RAC CYCLING	Sandy
5:30-6:15pm	RAC CYCLING	Christian

## THURSDAY

TIME	CLASS	INSTRUCTOR
6:30-7:15am	RAC CYCLING	Jenny
9:00-10:00am	LES MILLS RPM	Becky
12:00-1:00pm	RAC CYCLING	Katherine
5:30-6:30pm	RAC CYCLING	Sandy

## FRIDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15am	RAC CYCLING	Nicole
9:00-10:00am	RAC CYCLING	Christian
7:00-8:30pm	RAC CYCLING MOVIE NIGHT	

## SATURDAY

TIME	CLASS	INSTRUCTOR
9:00-10:00am	RAC CYCLING	Rotation

## SUNDAY

TIME	CLASS	INSTRUCTOR
9:00-10:00am	RAC CYCLING	Tamara

### **RPM**

Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

### **RAC CYCLING**

Climbs, jumps, hills, and more increases your endurance and muscle tone. A great cardio workout for ALL levels.

### **RAC CYCLING CONCERT SERIES**

Cycle while you watch a concert being projected on the wall. Mondays at 8:00pm. Please see calendar for details.

### **RAC CYCLING MOVIE NIGHT**

Cycle while you watch a movie being projected on the wall. Fridays at 7:00pm. Please see calendar for details.

**Please note:** *Classes highlighted in yellow are on the "watch list." These classes have had low participation and are in jeopardy of being discontinued. In order to make the most efficient use of our studio space, we may discontinue classes if there are under ten participants for more than a month. Thank you for understanding.*

