











CYCLING SCHEDULE | SEPTEMBER




MONDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15	 RAC CYCLING	Jenny
9:00-10:00	 RAC CYCLING	Sandy
10:10-11:00	 RAC CYCLING	Mimi
5:30-6:30	 RAC CYCLING	Jon
8:00-9:00	 RAC CYCLING CONCERT SERIES	






TUESDAY

TIME	CLASS	INSTRUCTOR
5:30-6:15	 RAC CYCLING	Jon
6:30-7:15	 RAC CYCLING	Jenny
9:00-10:00	 LES MILLS RPM	Michelle
12:00-1:00	 RAC CYCLING	Sandy
5:30-6:30	 RAC RIDERS OUTSIDE RIDE	
5:35-6:35	Interval Training	Katherine




WEDNESDAY

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

THURSDAY

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

FRIDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30	 RAC CYCLING	Jon
9:00-10:00	 RAC CYCLING	Michelle
6:00-7:30	 RAC CYCLING MOVIE NIGHT	

SATURDAY

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

SUNDAY

TIME	CLASS	INSTRUCTOR
9:00-10:00	 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 RIDERS

Riding is more fun when you ride with others! There's no better source of motivation, networking, being social, sharing knowledge, and camaraderie than your fellow RAC riders. RAC Riders is a self-led group that allows individuals to guide the group ride each week (group rides and objectives can vary). RAC Riders starts in the RAC parking lot at 5:30 PM. Ride smart, be safe and have fun!

RACY 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 6:00pm. Please see calendar for details.