

schedules studio cycling

Updated and effective **April 1-30, 2011**. Studio cycling classes are a benefit of Package Plan Plus (PPP). PPP Mbrs can reserve their space beginning 25 hours in advance (36 hours for classes starting before 6 am). Check in required 5 min before class begins or space will be given to a Mbr on the wait list. Thirty minutes prior to the class, Club or Package Plan Mbrs may sign up on a separate wait list for spaces that are not taken by PPP Mbrs 5 minutes before class begins. **Schedule subject to change.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Studio Cycling 60, SSC		Studio Cycling 60, SSC		Studio Cycling 60, SSC (5:20am)		
5:45 am		Studio Cycling 45, AC		Studio Cycling 45, AC			
5:45 am		Studio Cycling 60, CG		Studio Cycling 45, CG			
6:00 am			Studio Cycling 45, AC				
6:15 am	Studio Cycling 45, CG						
6:30 am					Studio Cycling 45, AC	Studio Cycling 60, AC	
7:15 am		Studio Cycling 45, SSC		Studio Cycling 45, SSC			Studio Cycling 60, CG
7:30 am						Studio Cycling 60, SSC (7:45am)	Studio Cycling 60, AC
8:00 am						Studio Cycling 60, AC	
8:15 am						Studio Cycling 60, CG	Studio Cycling 60, CG (8:30am)
9:00 am							Studio Cycling 75, AC
9:30 am	Studio Cycling 60, AC	Studio Cycling 60, AC	Studio Cycling 60, AC	Studio Cycling 45, AC	Studio Cycling 60, AC	Studio Cycling 60, AC	
9:30 am	Endurance Cycling 75, CG	Studio Cycling 60, CG	Studio Cycling 60, CG	Studio Cycling 60, SSC	Studio Cycling 60, CG	Studio Cycling 60, CG	
9:30 am		Studio Cycling 60, SSC		Studio Cycling 60, CG			
10:00 am							Endurance Cycling 75, SSC
10:45 am						Studio Cycling 60, AC	
12:30pm			Studio Cycling 45, SSC				
5:30pm	Studio Cycling 45, AC		Studio Cycling 45, AC				
6:00 pm		Studio Cycling 60, SSC		Studio Cycling 60, AC			
6:15 pm	Express Cycling 30, SSC				Studio Cycling 45, AC		
6:30 pm	Studio Cycling 60, AC	Studio Cycling 60, AC	Studio Cycling 45, AC	Studio Cycling 60, SSC		Classes with hyphenated boxes are seasonal	
6:30 pm		Studio Cycling 60, CG	Studio Cycling 60, CG	Studio Cycling 60, CG			
6:45 pm			Express Cycling 30, SSC				
7:00 pm	Studio Cycling 60, CG						

Are cycling classes for you?

- 1. Reach your goals faster:** With motivating music, encouraging instructors, and a variety of workouts, you'll train smarter and work out longer.
- 2. Choose your pace:** Appropriate for beginner through advanced. You control the speed and difficulty at all times.
- 3. Good for special populations:** You can participate in cycling classes if you are recovering from an injury, requiring low-impact activities, suffering from over-training or just beginning an exercise program.

Studio Cycling

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Class Descriptions

Studio Cycling

A fun, low-impact workout fueled by motivating music. Practice proper cycling techniques as you perform drills to simulate hill climbs, flat roads, interval and endurance work. All levels of participants welcome. Classes are indicated as 45, 60 and 75 minutes (advanced).

Express Cycling

Experience all the hills, flats and drills of studio cycling in only 30 minutes. Recommended for those with time constraints or for those looking for an introductory class. All levels of participants welcome.

Endurance Cycling

A longer, lower intensity version of Studio Cycling. Learn to workout more efficiently, increase your aerobic capacity, and improve your body's ability to burn fat. All levels of participants welcome. Classes are 75 minutes.

If you are new to cycling, please arrive 10 minutes before class begins to allow time for the instructor to go over set up and safety issues.

AC — Athletic Club 410-730-6744

SSC — Supreme Sports Club 410-381-5355

CG — Columbia Gym 410-531-0800