

Cycle Studio-Fitness Class Schedule

Summer **Last Updated 8/1**

Welcome to the "FITZONE"! Admittance to "FitZone" fitness classes is included in your daily admission, 10 or 20-visit pass, monthly pass or SilverSneakers® membership at the Recreation Center. It is recommended that all persons starting an exercise program consult their physician prior to participation. Participants must be at least 14 years old.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	6am-6:45am Express Cycle Gregg	6-7am Cycle Judi	6:00-6:45am Express Cycle Becky		8:15-9:15am Cycle Gregg	
	7:15-8am Express Cycle Burt		7:15-8am Express Cycle Burt			
12-12:45pm Express Cycle Cancelled till fall	12-12:45pm Express Cycle Ronda		12-12:45pm Express Cycle Felicia	12-12:45pm Express Cycle Anastasia		
4-5:15pm Cycle-Yoga Becky						
	5:15-6:15pm Cycle Anastasia	5:30-6:15pm HIIT Cycle Jill				
	7-8pm Cycle Becky	6:30-7:30pm Lift 'n Ride Felicia				