

SOUTH-REV

Indoor Cycling Studio 2

Effective February 6th, 2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------------------------------------|---------------------------------------|--------------------------------------|-------------------------------------|--|----------------------|
| 6:00 am WAYNE P. | 6:00 am JENNY | 6:00 am JENNY | 6:00 am LARISSA | 6:00 am ANITA | | |
| | | | | | 8:00-9:25 am REV + ERNIE | |
| <i>NEW TIME!</i> 9:15-10:30 am REV + ANITA | 9:15 am ANITA | 9:15 am ANITA | 9:15 am VANESSA | 9:15 am WAYNE T. | 9:45-10:30 am REV Express RACHEL | 9:00 am LESLIE |
| | | | | | 11:00-11:50 am RYAN E. | 11:00-11:50 MEGAN |
| 12:10-12:50 REV Express MEGAN | 12:10-12:50 REV Express DANA | 12:10-12:50 REV Express BONNIE | 12:10-12:50 REV Express MEGAN | 12:10-12:50 REV Express KAREN | | |
| | | | | | | |
| 4:30 pm MEGAN | 4:30 pm RYAN E. | 4:00 pm DANA | 4:30 pm MEGAN | | | |
| 5:30-6:15 pm REV Express MELISSA | 6:00 pm ANTHONY | 5:00-5:45 pm REV Express KIM H. | 5:45 pm ANTHONY | 5:15 pm WAYNE P. | | |
| 6:35-7:15 REV Express ANNA | 7:00-7:45 pm REV Express RACHEL | 6:30-7:15 pm LARISSA | 7:00-7:45 pm REV Express JOSIE | | | |
| 7:30-8:15 REV Express LESLIE | | 7:30 pm PAOLO | | | | |
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101 Designed for any new or first time spinners. Spin 101 offers direction on proper bike set up, and pedaling technique, with a gradual increase to the intensity of the class.

Cycle Cross This class takes you through the terrain of a real race. Not only are you on your bike but you carry it as well with the use of bodybars and weights. A definite must for serious athletes.

REV A fantastic heart pumping workout. Taught on a stationary bike you will climb, sprint, and train to incredible music and extraordinary instruction.

REV Express Get 45 minutes of heart-pumping cardio along with a warm-up and cool-down in the Express class.

REV + A longer class for the die-hard cyclist

Classes are 55 minutes in length, unless otherwise stated.

INDOOR GROUP CYCLING SIGN-UP RULES

1. Participants must sign-up outside of the studio prior to the start of the class.
2. Sign-ups will begin 1 hour before the class begins.
3. Participants have to be in the club when they sign up, and, for example, cannot stop in before work to sign up for an evening class.
4. Participants cannot phone ahead to reserve a spot.
5. The instructor will perform a roll call at the start of the class.
6. Please be on time. If a bike is empty 5 minutes into the class, it is considered available and another participant may join the class without signing up. Please inform the instructor of your whereabouts, whether you are filling your water bottle or getting a towel, or your bike will be filled by another participant.