

**Winter 2 Class
 Schedule will be
 available
 January 3rd!**

Group Cycling & Yoga Studio

Winter 1 Class Schedule: October 31st - January 3, 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-6:45 a.m. Group Cycling		6:00-6:45 a.m. Group Cycling		7:30-8:30 a.m. Group Cycling	1:00-2:00 p.m. Sunday Ride Cycling
	6:45-7:00 a.m. Abworks		6:45-7:00 a.m. Abworks		8:30-9:30 Group Cycling	
9:30 - 10:30 a.m. Yoga	9:30 - 10:30 a.m. Yoga	9:30 - 10:30 a.m. Yoga	9:30 - 10:30 a.m. Yoga	9:30 - 10:30 a.m. Yoga	9:30-10:30 a.m. Yoga	
	12:15-1:00 p.m. Group Cycling		12:15-1:00 p.m. Group Cycling			
	5:00-5:45 p.m. Group Cycling		5:00-5:45 p.m. Group Cycling			
6:00 - 6:45 p.m. Group Cycling	6:00 - 7:00 p.m. Yoga	6:00 - 6:45 p.m. Group Cycling	6:00-7:00 p.m. Yoga			
	7:15-8:00 p.m. Group Cycling		7:15-8:00 p.m. Group Cycling			

Purchase a FAST PASS to reserve your Group Cycling bike. Passes are \$10 for 5 reservations. See the desk for policies or to purchase a FAST PASS.

<p>Class Description</p>	<p>Group Cycling: (Formerly called spinning) Group Cycling is an exercise class that is FREE to Y members. Bikes are available on a first come, first serve basis. Ask an instructor or the service desk for a copy of Group Cycling policies. Cycling is an instructor-lead class on specialized stationary bikes. Different riding positions and varying the wheel resistance gives you a great cardio workout!</p>
	<p>Yoga: Yoga promotes control of the body and mind. Our yoga classes feature strength, cardiovascular conditioning and flexibility components using music to enhance the experience. Many people take Yoga for the sense of well-being and peace it brings.</p>