



Group Cycling August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:00 pm Cycle- Amy P	3 6:00 am Cycle - Patricia	4 6:00 pm Cycle- Ellen	5 6:00 am Cycle- Anna	6 12:15 Cycle Fusion- Preston	7
8	9 6:00 pm Cycle-Ellen	10 6:00 am Cycle- Sherry	11 6:00 pm Cycle- Sherry	12 6:00 am Cycle- Carrie	13 12:15 Cycle Fusion- Amy R.	14
15	16 6:00 pm Cycle - Sherry	17 6:00 am Cycle- Carrie	18 6:00 pm Cycle- Ellen	19 6:00 am Cycle- Anna	20 12:15 Cycle Fusion- Preston	21
22	23 6:00 pm Cycle-Ellen	24 6:00 am Cycle- Patricia	25 6:00 pm Cycle: Sherry	26 6:00 am Cycle- Amy R.	27 12:15 Cycle Fusion- Preston	28
29	30 6:00 pm Cycle: Amy P	31 6:00 am Cycle- Sherry				

Group Cycling Description

Indoor Group Cycling at the RAC is designed and intended for all fitness levels. Because the rider has control of the tension on the bike, each ride is suited specifically for the rider and his abilities, though the group rides together. With motivational music and enthusiastic instructors, the rides never get boring. All cycling classes are designed for both the experienced rider and those who haven't ridden since first grade.

All Riders should bring a water bottle and towel to class. New riders should arrive early to meet the instructor for proper bike setup.