

GROUP CYCLING SCHEDULE



JAN. 17–MAY 4, 2012

Class schedules are subject to change. Check online to confirm times and instructors.

MONDAY

7–7:40am	Power 40	Jackie B.
11am–noon	Cycle + Yoga Stretch	Haley P.
12:10–1pm	Group Cycling	Shannon B.
1:20–2pm	Power 40	Katie T.
4–5pm	Speed & Interval Ride	Katie S.
5:30–6:20pm	Group Cycling	Guli F.
6:30–7:20pm	Group Cycling	Flor B.
7:30–8:30pm	Cycle + Core	Haley P.

WEDNESDAY

7–7:40am	Power 40	Ayshe T.
11am–noon	Cycle + Pilates	Eryn C.
12:10–1pm	Group Cycling	Cary C.
1:20–2pm	Power 40	Katie T.
4–5pm	Hill Ride	Lauren MD.
5:30–6:20pm	Group Cycling	Flor B.
6:30–7:20pm	Group Cycling	Alexa GD.
7:30–8:30pm	Cycle + Core	Anne M.

TUESDAY

10–10:50am	Group Cycling	Shannon B.
12:10–12:50pm	Power 40	Katie T.
4–5pm	Cycle + Core	Cary C.
5:30–6:20pm	Group Cycling	Greg L.
6:30–7:20pm	Speed & Interval Ride	Anne M.
7:30–8:30pm	Cycle + Strength	Katie P.

THURSDAY

10–10:50am	Group Cycling	Jackie B.
12:10–12:50pm	Power 40	Katie T.
4–5pm	Endurance Ride	Katie S.
5:30–6:20pm	Group Cycling	Guli F.
6:30–7:20pm	Hill Ride	Ayshe T.
7:30–8:30pm	Cycle + Strength	Maryam N.

FRIDAY

12:10–1pm	Group Cycling	Ayshe T.
4–5pm	Endurance Ride	Eryn C.

SATURDAY

noon–1pm	Cycle + Core	Haley P.
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SUNDAY

4–4:50pm	Group Cycling	Lance P.
5–6pm	Cycle + Yoga Stretch	Alexa GD.
6:15–7:30pm	Endurance Ride PLUS	Ayshe T.

**ALL CLASSES ARE HELD IN RSC 2.114.
PARTICIPANTS MUST HAVE A SPRING 2012 GROUP
CYCLING OR COMBO PASS TO ATTEND THESE CLASSES.**

Because each participant sets his/her own intensity scale in class, Group Cycling is a great workout that participants of all fitness levels may take part in together.

CYCLING CLASS DESCRIPTIONS

Cycle + Core: A 40-minute cycling workout followed by 15–20 minutes of great abdominal and core exercises.

Cycle + Pilates: Enjoy a great cycling workout on the bike followed by a Pilates segment to lengthen and strengthen your entire body. No previous Pilates experience necessary.

Cycle + Stretch: Enjoy a 40-minute cycling class and 10 minutes dedicated just to stretching the body.

Endurance Ride: A 60-minute class that involves cardio challenges, hills, varying speeds and resistance and endurance segments.

Endurance Ride PLUS: A 75-minute class for the weekend warrior that includes 60 minutes on the bike plus a 10-minute flexibility segment. This class ends with five minutes of pure relaxation.

Group Cycling: A 50-minute class focusing on cardio challenges, hill climbs, and varying speeds and resistance for all participant levels.

Hill Ride: This class focuses on hill specific movements and will challenge and improve your lower body strength and cardiovascular system. Shake up your cycling routine with this class!

Power 40: Enjoy 40 minutes of action-packed cycling designed for those who are short on time but high on motivation.

Speed & Interval Ride: Enjoy fast flats, standing and seated runs, sprint and intervals galore. (Intermediate)

Cycle + Strength: A 30–40 minute cycling workout followed by a 20–30 minute sculpting segment to challenge the entire body.

Cycle + Yoga Stretch: Get a great cardio workout on the bike and follow it up with a yoga-inspired stretching segment. This class is the perfect combination for a complete mind/body workout. *No previous yoga experience necessary.*

Try before you buy! Free Classes Jan 17–23.

Currently enrolled students and RecSports members are invited to try out any TeXercise, Group Cycling, PRC and/or Aqua class during this Try Before You Buy period. Participants must request a laminated pass from ID scanner and give this pass to the instructor in order to enter class. *Please note: classes fill quickly during peak times.*

GROUP CYCLING POLICIES FOR PARTICIPANTS

- Participants **MUST** bring a towel and water bottle to EVERY class.
- Cycling or COMBO (TeXercise + Cycling) pass required for participation. Purchase online at www.utrecsports.org or in GRE 2.200.
- Pass holders should request a laminated pass from ID scanner for the cycling class and present it to the person at the door of the studio.
- Cycling participants are encouraged to arrive five minutes before class to allow time for proper set up on bikes and to record their set-up on the bike set-up cards in the studio.
- As a policy, participants are not allowed in a class five minutes after the start time.
- Our bikes have SPD clips. Participants are welcome to bring cycling shoes that clip into our pedals.
- The use of personal music devices (such as I-Pods) is not permitted during Cycling classes.

CANCELLATIONS FOR TEXERCISE, GROUP CYCLING, AQUA & PRC — SPRING 2012

Sat., Jan. 21: No TeXercise classes in RSC 1.106 due to a special staff training event.

Sat., March 3: No TeXercise classes in RSC 1.106 or cycling classes due to Volleyball Play Day event.

Spring Break: A separate TeXercise schedule will run during spring break. RSC will be closed so no cycling classes will be offered during this time.

April 7–8: Classes **WILL** run as scheduled this weekend (Easter holiday weekend).

Friday, May 4: All TeXercise and Cycling classes scheduled after 2:30pm will be cancelled due to facilities closing early for the RecSports staff appreciation event.

Additional cancellations may occur and will be posted at www.utrecsports.org/fitwell and on studio doors.