



Group Cycling Classes

July 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am	Bobbie <i>One-hour class</i>					
6:00 am		Tim	Bobbie	Paul	Bobbie	
8:30 am						Instructor Varies <i>One hour class</i>
8:45 am		Jan		Jan		
9:00 am			Abby Spirit Ride		Instructor Varies	
9:30 am						
12:15 pm	*Bonnie	Sandra	*Bonnie <i>One hour class</i>	*Sally Beginner Ride	*Sandra	
4:45 pm	Susan <i>One hour class</i>		Sandra			
5:30 pm		Sally <i>One hour class</i>		Amy <i>One hour class</i>		
6:30 pm			Daniel <i>One hour class</i>			

Please Note: Class Instructors are subject to change without prior notice.

*Denotes a Pre-Natal appropriate class. Consult with your class instructor before beginning.

Class Requirements:

- ⌘ Water is required.
- ⌘ A sweat towel.
- ⌘ Bike shorts (recommended) & hard sole shoes.
- ⌘ First time participants please arrive at least 10 minutes before class starts to get set-up.
- ⌘ Work at your own level, listen to your body.
- ⌘ Inform instructor of any medical considerations before class starts.
- ⌘ Wednesday and Friday Spirit Ride is a cycling class to enhance the spiritual side of your wellness program. Christian music and theme will be a part of this class.
- ⌘ Beginner Ride: This is the class for those who have never cycled before! Come and learn the techniques and safety in an introduction environment!
- ⌘ Beginners: Please pop into any class and participate for 10-20 minutes, stretch & go!! Slowly work up to completing the entire class. Let your instructor know your intentions.

Meet our instructors:

Sandra Corbett

Bobbie Dart

Susan Lemelin

Tim Lincoln

Bonnie Maynard

Abby Mills

Chris Morris

Laurie Roberts

Kristen Seagren

Jan Wolf

Sally Smith

Jess Bernard

Amy Musgrove

Daniel Vasichek



Group Cycling Schedule



1800 Benefis Court
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