

Paramount Sports Complex ~ March 2010 ~ Indoor Cycling

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:15am Kathy 6:15pm Andrea 7:25pm – 20 min spin - Andrea	2 5:15am Ruth 9:15am Kris 6:15pm Amy	3 5:15am Andrea 9:15am Marianne 6:15pm Marianne 7:25pm – 20 min spin - Marianne	4 5:15am Kris 9:15am Ruth 6:30pm Erin	5 9:15am Erin 10:30am – 20 min spin - Erin	6 8:15am – Double Spin (90 min class)-Erin Stay as long as you like 30..45...60 or 90 minutes ☺
7 11:15am Amy	8 9:15am 6:15pm Andrea 7:25pm – 20 min spin - Andrea	9 5:15am Ruth 9:15am Kris 6:15pm Amy	10 5:15am Andrea 9:15am Erin 6:15pm Marianne 7:25pm – 20 min spin - Marianne	11 5:15am Kris 9:15am Ruth 6:30pm Erin	12 9:15am Erin 10:30am – 20 min spin - Erin	13 8:15am – Double Spin (90 min class)-Ruth Stay as long as you like 30..45...60 or 90 minutes ☺
14 11:15am Sue	15 9:15am Kathy 6:15pm Andrea 7:25pm – 20 min spin - Andrea	16 5:15am Ruth 9:15am Kris 6:15pm Amy	17 5:15am Andrea 9:15am Marianne 6:15pm Marianne 7:25pm – 20 min spin - Marianne	18 5:15am Kris 9:15am Ruth 6:30pm Erin	19 9:15am Erin 10:30am – 20 min spin - Erin	20 8:15am – Double Spin (90 min class)-Sue Stay as long as you like 30..45...60 or 90 minutes ☺
21 11:15am Amy	22 9:15am Kathy 6:15pm Andrea 7:25pm – 20 min spin - Andrea	23 5:15am Ruth 9:15am Kris 6:15pm Amy	24 5:15am Andrea 9:15am Erin 6:15pm Marianne 7:25pm – 20 min spin - Marianne	25 5:15am Kris 9:15am Ruth 6:30pm Erin	26 9:15am Erin 10:30am – 20 min spin - Erin	27 8:15am – Double Spin (90 min class)-Kris Stay as long as you like 30..45...60 or 90 minutes ☺
28 11:15am Amy	29 9:15am Kathy 6:15pm Andrea 7:25pm – 20 min spin - Andrea	30 5:15am Ruth 9:15am Kris 6:15pm Amy	31 5:15am Andrea 9:15am Marianne 6:15pm Marianne 7:25pm – 20 min spin - Marianne	Indoor Cycling is for everyone!!! You take it at your level – you adjust the resistance and control your speed. An average 45 minute class burns 600-800 calories! Bring a Water Bottle and a Towel!!		

Schedule subject to change – check the Bulletin Board at the bottom of the ramp, just outside the fitness center doors, for changes/additions.