


Paramount Sports Complex ~ February 2012 ~ Indoor Cycling

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Cycling is for everyone!!! An average 45 minute class burns 600-800 calories! <i>Bring a Water Bottle & a Towel!!</i> Junior Members are permitted in spin classes. Junior Members must be accompanied by a parent at all times in the gym and in fitness classes.			1 5:15am Melissa M 9:15am 30 min spin; 20 min jab; 10 min abs – Tina 12:15 pm- 1pm: Liz 6:15pm Amy	2 5:15am Ruth 9:15am Melissa G 6:15pm Brian	3 5:15am Melissa M 10:15am Beginner Cycle – Sue 12:15 pm- 1pm: Sue	4 8:15am Brian
5 11:15am Amy	6 5:15am Dennie 12:15 pm- 1pm:Kris 6:15pm Amy	7 5:15am Dennie 9:15am Rich 6:15pm Erin 7:30pm Beginner Cycle – Melissa M	8 5:15am Melissa M 9:15am Kris 12:15 pm- 1pm: Liz 6:15pm Brian	9 5:15am Ruth 9:15am TBA 6:15pm Brian	10 5:15am Melissa M 12:15 pm- 1pm: Kris	11 8:15am Sue
12 11:15am Amy 1:15pm Beginner Cycle – Sue	13 5:15am Dennie 12:15 pm- 1pm:Kris 6:15pm Amy	14 5:15am Dennie 9:15am Melissa G 6:15pm Erin	15 5:15am Melissa M 9:15am 30 min spin; 20 min jab; 10 min abs – Tina 12:15 pm- 1pm: Liz 6:15pm Sue	16 5:15am Ruth 9:15am Melissa G 6:15pm Melissa M	17 5:15am Melissa M 12:15 pm- 1pm: Sue	18 8:15am Melissa M 9:30am Beginner Cycle – Melissa M
19 11:15am Melissa M	20 5:15am Dennie 12:15 pm- 1pm:Kris 6:15pm Amy	21 5:15am Dennie 9:15am Rich 6:15pm Erin	22 5:15am Melissa M 9:15am Kris 12:15 pm- 1pm: Liz 6:15pm Erin	23 5:15am Ruth 9:15am TBA 6:15pm Brian	24 5:15am Melissa M 12:15 pm- 1pm:Melissa G	25 8:15am Brian
26 11:15am Amy	27 5:15am Dennie 12:15 pm- 1pm:Kris 6:15pm Amy	28 5:15am Dennie 9:15am Melissa G 6:15pm Erin	29 5:15am Melissa M 9:15am 30 min spin; 20 min jab; 10 min abs – Tina 12:15 pm- 1pm: Liz 6:15pm Sue			

FITNESS CENTER HOURS: Monday – Friday: 5am – 9pm ~ Saturday: 8am – 5pm ~ Sunday: 11am – 5pm Schedule subject to change without much notice – we will do our best to post changes on the Bulletin Board at the bottom of the ramp, just outside the fitness center doors.

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