




PARAMOUNT SPORTS COMPLEX ~ AUGUST 2019 ~ INDOOR CYCLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling is for everyone!!! An average 45 minute class burns 600-800 calories! Bring a Water Bottle & a Towel!!! 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. Fitness Center SUMMER Hours: Mon – Fri: 5am – 8pm ~ Sat: 7am – 3and pm ~ Sun: 10am – 3pm Childcare SUMMER Hours: Mon – Thurs: 9am – 11am & 5:30pm – 7:30pm				1 5:15am CycleTONE Ruth 6pm Melissa	2 7:15am Liz 12:15pm Sue	3 7:15am Ruth
4 10:15am Sue	5 9am Express Spin (30min) – Tina 12:15pm Kristine 6pm Melissa	6 5:15am Melissa	7 12:15pm Kristine 6pm Melissa	8 5:15am CycleTONE Ruth 6pm Melissa	9 7:15am Liz 12:15pm Kristine	10 7:15am Tania
11 No class	12 9am Express Spin (30min) Tina 12:15pm Tina 6pm Tania	13 5:15am Melissa 6pm Tania	14  6pm Melissa	15 5:15am CycleTONE Ruth 6pm Melissa	16 12:15pm Tina 	17 7:15am Melissa
18 10:15am Sue	19 9am Express Spin (30min)- Kristine 12:15pm Kristine 6pm Melissa	20 5:15am Melissa 6pm Tania	21 12:15pm Sarah 6pm Melissa	22 5:15am CycleTONE Ruth 6pm Melissa	23 7:15am Liz 12:15pm Kristine	24 7:15am Tania
25 No Class 	26 9am Express Spin (30min) Tina 12:15pm Kristine 6pm Tania	27 5:15am Melissa 6pm Tania	28 12:15pm Kristine 6pm Melissa	29 5:15am CycleTONE Ruth 6pm Melissa	30	31 7:15am Melissa

'Tis vacation season - some classes may be off the schedule while our instructors get refreshed.

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