

PARAMOUNT SPORT COMPLEX ~ FEBRUARY 2019 ~ INDOOR CYCLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>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.</p> <p>FEBRUARY IS NATIONAL HEART MONTH! KNOW YOUR NUMBERS BLOOD PRESSURE ~ CHOLESTEROL ~ TRIGLYCERIDES ~ BLOOD SUGAR</p> <div style="border: 1px solid red; padding: 5px; display: inline-block;"> <p>National Wear Red Day® Friday, 02 01 19</p>  </div>					<p>1 National WEAR RED DAY for Heart Month</p> <p>5:15am Liz</p> <p>12:15pm Tina</p>	<p>2</p> <p>7:15am Melissa</p>
<p>3</p> <p>10:15am Sarah</p>	<p>4</p> <p>9am Express Spin (30min) Sarah</p> <p>12:15pm Kristine</p> <p>6pm Melissa</p>	<p>5</p> <p>5:15am Melissa</p> <p>6pm Tania</p>	<p>6</p> <p>12:15pm Kristine</p> <p>6pm Mary A</p>	<p>7</p> <p>NEW: 5:15am CycleTONE-Ruth</p> <p>6pm Melissa</p>	<p>8</p> <p>5:15am Liz</p> <p>12:15pm Kris</p>	<p>9</p> <p>7:15am Tania</p>
<p>10</p> <p>10:15am Sue</p>	<p>11</p> <p>9am Express Spin (30min) Sarah</p> <p>12:15pm Kristine</p> <p>6pm Dennie</p>	<p>12</p> <p>5:15am Melissa</p> <p>6pm Tania</p>	<p>13</p> <p>12:15pm Kristine</p> <p>6pm Melissa</p>	<p>14 Happy Valentine's Day!</p> <p>NEW: 5:15am CycleTONE -Ruth</p> <p>6pm Melissa</p>	<p>15</p> <p>5:15am Tania</p> <p>12:15pm Kris</p>	<p>16</p> <p>7:15am Ruth</p>
<p>17</p> <p>10:15am Sue</p>	<p>18</p> <p>9am Express Spin (30min) Sarah</p> <p>6pm Tania</p>	<p>19</p> <p>5:15am Melissa</p> <p>6pm Tania</p>	<p>20</p> <p>12:15pm Kristine</p> <p>6pm Mary A</p>	<p>21</p> <p>NEW: 5:15am CycleTONE -Ruth</p> <p>6pm Melissa</p>	<p>22</p> <p>5:15am Liz</p> <p>9:15am Cycle with Kris</p> <p>12:15pm Kristine</p>	<p>23</p> <p>7:15am Mary</p>
<p>24</p> <p>10:15am Melissa</p>	<p>25</p> <p>9am Express Spin (30min) Sarah</p> <p>12:15pm Kristine</p> <p>6pm Melissa</p>	<p>26</p> <p>5:15am Melissa</p> <p>6pm Tania</p>	<p>27</p> <p>12:15pm Kristine</p> <p>6pm Melissa</p>	<p>28</p> <p>NEW: 5:15am CycleTONE -Ruth</p> <p>6pm Melissa</p>	<p>SPICE UP YOUR RIDE WITH CycleTONE -this class incorporates light hand weights into the ride.</p>	

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