






PARAMOUNT SPORT COMPLEX ~ JANUARY 2019 ~ INDOOR CYCLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **2019** 8:15am Cycle - Melissa JAN 1, 2019 HOURS: 8AM - 12PM	2 12:15pm Kristine 6pm Melissa	3 5:15am Ruth 6pm Melissa	4 5:15am Liz 12:15pm Kristine 	5 7:15am Melissa 8:15 Beginner Spin (30 min) – Melissa
6 10:15am Sue	7 9am Express Cycle (30min) – Sarah 12:15pm Kristine 6pm Tania 7pm Beginner Spin (30 min) – Tania	8 5:15am Melissa 6pm Tania	9 12:15pm CycleTONE Tina 6pm Mary A	10 5:15am Ruth 6pm Melissa	11 5:15am Liz 12:15pm Kristine	12 7:15am Tania 8:15 Beginner Spin (30 min) – Tania
13 10:15am Melissa	14 9am Express Cycle (30min) – Sarah 12:15pm Kristine 6pm Melissa 7pm Beginner Spin (30 min) – Tania	15 5:15am Melissa 6pm Tania	16 12:15pm Kristine 6pm Melissa	17 5:15am Ruth 6pm Melissa	18 5:15am Liz 12:15pm Kris	19 7:15am Melissa 8:15 Beginner Spin (30 min) – Melissa
20 10:15am Sue	21 9am Express Cycle (30min) – Sarah 6pm Dennie 	22 5:15am Melissa 6pm Tania 	23 12:15pm Kristine 6pm Mary A	24 5:15am Ruth 6pm Melissa	25 5:15am Liz 12:15pm Kristine	26 7:15am Tania 8:15 Beginner Spin (30 min) – Tania
27 10:15am Mary A	28 9am Express Cycle (30min) – Sarah 12:15pm Kristine 6pm Tania	29 5:15am Melissa 6pm Tania	30 12:15pm Kristine 6pm Melissa	31 5:15am Ruth 6pm Melissa	Indoor Cycling is for everyone! Take it at a level that's right for you by controlling the resistance and speed of the bike. An average 45 minute class can burn 500+ calories! Bring a towel and water bottle.	

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