

PARAMOUNT SPORTS COMPLEX ~ MAY 2019 ~ INDOOR CYCLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Fitness Center Hours:</u> Mon – Fri: 5am – 9pm ~ Sat: 7am – 5pm Sun: 10am – 5pm <u>Childcare Hours:</u> Mon – Thurs: 9am – 11am & 6pm – 8pm ~ Fri: 9am – 11am</p>	<p>Cycling is for everyone!!! An average 45 minute class burns 600-800 calories! Bring a Water Bottle & a Towel!!</p>	<p>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>1 6pm Mary</p>	<p>2 5:15am CycleTONE Ruth 6pm Melissa</p>	<p>3 5:15am Liz</p> 	<p>4 7:15am Tania</p>
<p>5 10:15am Tania</p>	<p>6 9am Express Spin (30min) Sarah 12:15pm Kristine 6pm Tania</p>	<p>7 5:15am Melissa 6pm Tania</p>	<p>8 12:15pm Kris 6pm Melissa</p>	<p>9 5:15am CycleTONE Ruth 6pm Melissa</p>	<p>10 5:15am Liz 12:15pm Kristine</p>	<p>11 7:15am Mary</p>
<p>12 10:15am Sue</p> 	<p>13 9am Express Spin (30min) Sarah 12:15pm Kristine 6pm Mary</p>	<p>14 5:15am Melissa 6pm Tania</p>	<p>15 12:15pm Kristine 6pm Mary</p>	<p>16 5:15am CycleTONE Ruth 6pm Melissa</p>	<p>17 5:15am Liz 12:15pm Tina</p>	<p>18 7:15am Melissa</p>
<p>19 10:15am Sue</p>	<p>20 9am Express Spin (30min) Tina 12:15pm Kristine 6pm Melissa</p>	<p>21 5:15am Melissa 6pm Tania</p>	<p>22 12:15pm Kris 6pm Melissa</p>	<p>23 5:15am CycleTONE Ruth 6pm Tania</p>	<p>24 5:15am Liz</p>	<p>25 7:15am Melissa</p>
<p>26 10:15am Melissa</p>	<p>27 Open: 7am-10am  7:15am Indoor Cycling and 8:15am Pilates/Yoga Fusion – Sue (A)</p>	<p>28 5:15am Melissa 6pm Tania</p>	<p>29 12:15pm Kris 6pm Mary</p>	<p>30 5:15am CycleTONE Ruth 6pm Melissa</p>	<p>31 5:15am Liz 12:15pm Tina</p>	

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

