



INDOOR CYCLING SCHEDULE APRIL 2018

45 and 60 minute classes taught by Certified Cycling Instructors on new Schwinn Indoor Cycles! XPRESS CYCLE: 30 minute ride
 INTRO to CYCLE: designed for new indoor cyclists with bike set up, technique focus and a 30 minute ride (these run once per month)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM			5:45-6:30 Indoor Cycling - Willa	5:45-6:30 Indoor Cycling - Andy			
6:00 AM						6:30-7 XPRESS Cycle- Beth	
8:00 AM	8-8:45 Indoor Cycling -Willa	8-8:45 Indoor Cycling - Lisa					8:30-9:15 Indoor Cycling - Debra/ Maria
9:00 AM	9-10 Indoor Cycling - Michelle	New Time: 9:15-10 Indoor Cycling-Dave	9-9:45 Indoor Cycling - Beth	9-9:45 Indoor Cycling - Vicki	9-10 Indoor Cycling - Beth	9-9:45 Indoor Cycling- Pam	
10:00/11:00 AM	'New' 11-11:45 Empowerment Ride - Ollie (Lisa) Starts 4/22		10:30-11 Xpress Cycle - Terri Offered April 17 Only				10-10:45 Indoor Cycling - Dave
4:00 PM		4:15-5 Indoor Cycling - Pam		4:15-5 Indoor Cycling - Terri			
6:00 PM		6-6:45 Indoor Cycling - Maria	6-7 Indoor Cycling - Michelle		6-6:45 Indoor Cycling- Susan		

All classes taught by certified, experienced instructors • Free for JCC Members • For more information: susand@jccnh.org