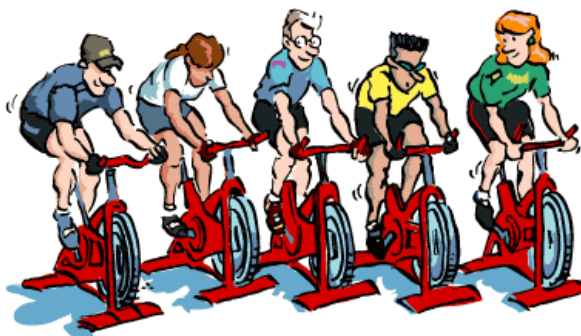


Indoor Cycling Schedule

{Spring} 2025

Ends
June 15th



Extra 30 min Beginner Classes:

Tues. 5/20 - 9:00AM
Thurs. 5/22 - 4:30PM
Wed. 5/28 - 4:30PM
Thurs. 5/29 - 9:00AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am (Brad)		7:00am (Lisa)		7:00am (Debbie S)	7:15am (Deb M)	
	8:00am (Gina) 1HR		8:00am (Martin) 1HR			8:15 AM (TBA) 1 Hour
9:00am (Lisa)		9:00am (Erica)			9:00am (TBA)	
			6:00pm Wheels & Steel (Brielle)			

Sign-Up: MEMBERS WILL BE ABLE TO REGISTER ONLINE OR CALL AND RESERVE A BIKE THE **DAY BEFORE ONLY BEGINNING AT 8AM**
Reservation will be accepted starting @8:00am on Sunday for the following week. Please register online or stop at desk in person (609) 398-6900.

- PLEASE TRY TO ARRIVE 10 MINUTES EARLY FOR SCHEDULED CLASS, Allow time to check in at front desk. You will be issued a ticket to class.
Please give the ticket to the instructor
 - Allow time to get your bike set up and fit to your body. YOUR INSTRUCTOR WILL BE HAPPY TO ASSIST WITH YOUR SET UP
Bikes adjust in various positions, it is very important that your bike is set up properly, improper bike set up can result in discomfort, and even injury.
 - BRING WATER AND A TOWEL - you will sweat in cycle class, dress appropriately, and hydrate, hydrate, hydrate!
- Registration for each class will open up the day before at 8:00am Register though your RecDesk Account <https://ocnj.recdesk.com/Community/Program>

*IF YOU RESERVE A BIKE PLEASE SHOW UP! Please call 2 hours prior to class start to cancel in order to prevent being penalized.
Bike will be forfeited if you are not **on bike** when class is scheduled to start. **NO ONE will be allowed into class after class begins.***

Classes are included with an Aquatic & Fitness Center Membership

NO CELL PHONE USE DURING CLASS

