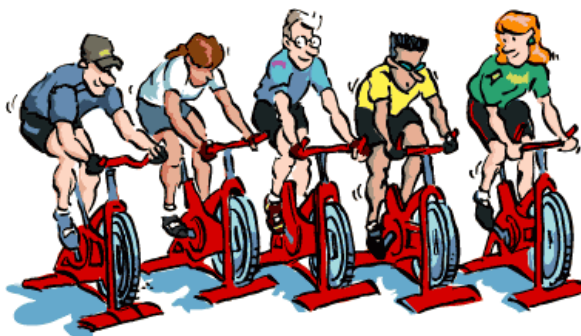


Indoor Cycling Schedule

{Winter} 2025-2026

Begins
November 2nd - March 1st



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am (Brad)		7:00am (Lisa)		7:00am (Debbie S)	7:15am (Deb M)	
	8:00am (Bonnie/Jenny)		8:00am (Martin/Jenny)			8:15 AM (TBA) 1 Hour
9:00am (Lisa)		9:00am (Erica)		9:00am (Lou)	9:00am (TBA)	
			5:30pm Wheels & Steel (Brielle)			

Sign-Up: MEMBERS WILL BE ABLE TO REGISTER ONLINE OR CALL AND RESERVE A BIKE THE **DAY BEFORE. BEGINNING 8AM** . The person signed up must be the person taking class. Or the bike is forfeited. If you reserve a bike and you cannot attend you **MUST CALL TO CANCEL**. Please register online or stop at desk in person (609) 398-6900.

1. PLEASE 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 .
 2. 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.
 3. 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. Classes are filling up with a waiting list. 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

