MAY 2013

McLaren Fitness Group Cycling

NO CLASSES 5/25 & 5/27

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a-6:30a		Wake Up! Cycle LISA			Wake Up! Cycle KRISTY	MAY 4TH 9:15a-10:15a *RIP & RIDE* BARB
9:30a-10:15a			Mid-Morning Ride KRISTY			MAY 11TH 9:15a-10:15a KRISTY
10:30a-11:15a						MAY 18TH 9:15a-10:15a LISA
12:15p-1:00p		Lunch Crunch Cycle JENNIFER		Lunch Crunch Cycle CATHERINE		MAY 25TH 9:15a-10:15a **NO CLASSES!**
5:15p-6:15p		**Easy Rider** 5:15p-6p JENNIFER		**Easy Rider** 5:15p-6p BARB		
5:30p-6:30p	P.M. Pedal Power CATHERINE		P.M. Pedal Power LISA			

MEMBERS: $3/class -or- $30/12 punch pass

NONMEMBERS: $7/class -or- $60/12 punch pass

QUESTIONS OR COMMENTS? Call (989)779-5602 and ask for Kristy

LOOK FOR US ON THE WEB: www.wcfitness.org -or- www.facebook.com/McLaren

CLASS DESCRIPTION:

Please sign up for a class within a half hour of the class starting

All group cycling classes are taught by a variety of certified instructors to give you a challenging, yet individualized cycling workout in a group setting. Cycling instructors will provide you with classes of different styles and routines for all levels.

Easy Rider:

This class is intended for those who are Beginners/Intermediate! Whether you are brand new to Cycling, just getting back to exercise, or don't want the pressure to "go all out", this is a great class for you! The instructor will: set up your bike, review the Cycling "vocabulary", keep your ride at a lower intensity (if you so choose), and spend time with the warm-up and recovery. *Beginner+*

Mid-Morning and Lunch Crunch:

Only 45 minutes, ride at your own intensity level to improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance! *All Levels*

Rip & Ride:

This class is a great combination of Cycling and Sculpting! The first 30 minutes will be Cycling in our Studio, and the second 30 minutes will be Sculpting in the Group Exercise room. So, if you want a little bit of everything in one class, this one's for you! *All Levels*

Wake Up!, P.M. Pedal Power, and Saturday Cycle:

Because you are riding your own individual bike, you are able to ride at your own intensity level within the structure of the class. So, come to experience an hour long ride to improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance! The ride is YOURS! *All Levels*