



Monday		
5:30-6:30 am	StudioCycle	Darren
8:30-9:30 am	StudioCycle	Jennifer
5:45-6:30 pm	Cycle45	Liz
Tuesday		
5:30-6:15 am	RevCycle	Sharon
6:30-7:00 am	SPRINT	Rotate
8:45-9:30 am	RevCycle	Kathy/Jennifer
12:00-1:00 pm	CycleCross	Jesse
4:35-5:20 pm	Cycle45	Jill
Wednesday		
5:30-6:30 am	StudioCycle	Marci
8:30-9:30 am	StudioCycle	Carrie
10:45-11:15 am	SPRINT	Rachel
5:30-6:00 pm	SPRINT	Mari
Thursday		
5:30-6:30 am	StudioCycle	Kim
8:45-9:30 am	RevCycle	Jill
Friday		
6:00-6:30 am	SPRINT	Dan
8:30-9:30 am	StudioCycle	Sharon
12:00-1:00 pm	SPRINT/Cross	Jill
Saturday		
7:15-8:30 am	EnduranceCycle	Rotate
8:50-9:50 am	StudioCycle	Rotate
Sunday		
7:45-8:15 am	SPRINT	Sharon
8:30-9:30 am	StudioCycle	Melanie
Sign up available online. (\$) - signup and pay online.		
Instructors are subject to change at any time.		



HarborAthleticClub  
fitness is a lifelong pursuit

**RevCycle** – Your ultimate 45 minute cardio challenge. You don't have to be a cyclist to benefit from the calorie burn of the spin room. RevCycle is high energy, fast paced fun for all club members. Riders will experience heart pumping hills, high intensity drills and all out sprints and light weights will be used within class to beat those muscles into submission.



**StudioCycle** – Hills, sprints, endurance & power intervals – this class has it all. Great for outdoor cyclist and indoor athletes alike.  
Come ready to work!



**Cycle45** – Our 45 minute version of StudioCycle, Cycle45 brings all the challenges of StudioCycle into a shorter format great for new riders and tight schedules.



**StrengthCycle** – Cross train for the ultimate 60 minute workout. Class begins on the bike – 30 minutes in the cycle studio. Then move on to 30 minutes of cross training – strength bootcamp style. Members are welcome to attend one part or all of class. Come ready to work.



**Cycle101** – We all have to start somewhere so come get started with Cycle101! This 45 minute class is an introduction to all things cycle. We will set you up on the bike, discuss form and technique and then try it all out. Come to this class once to get started or over and over for a great beginner workout.

**PerformanceCycle** – An outdoor cycling experience simulated in an indoor environment. The controlled setting permits smart training directed at improving athletic performance. Specific cycling drills, virtual hills, sprints and long distance flats guide the beginner to trained athlete to greater physiological development. Every workout has a purpose and each one is a small step toward accomplishing your greater training/fitness goals. Each workout is choreographed to music to help guide pace as well as create a fun distraction.



**EnduranceCycle** – Take the ultimate endurance challenge in this 75 minute StudioCycle class. More hills, more intervals, more work!

Instructors scheduled subject to change at any time. Please advise class instructor of any health conditions. Classes may be removed from schedule when and if participation becomes too low.  
Age requirement: 14 and older for all classes.