

# CYCLING SCHEDULE

## COMPLIMENTARY GROUP FITNESS SCHEDULE

| MONDAY                             | TUESDAY                               | WEDNESDAY                                | THURSDAY                            | FRIDAY                          | SATURDAY                           | SUNDAY                      |
|------------------------------------|---------------------------------------|--|-------------------------------------|---------------------------------|------------------------------------|-----------------------------|
| 6:00-7:00AM<br>RIDE<br>NEAL        |                                       | 6:00-7:00AM<br>RIDE<br>LINDA             |                                     | 6:00-7:00AM<br>RIDE<br>TIM      |                                    |                             |
|                                    | 8:15-9:00AM<br>RHYTHM RIDE<br>WHITNEY |  | 8:15-9:15AM<br>RIDE<br>DENNIS       |                                 | 8:00-8:45AM<br>RHYTHM RIDE<br>KATE |                             |
| 9:30-10:30AM<br>RIDE<br>BARBARA    |                                       | 9:30-10:15AM<br>RHYTHM RIDE<br>STEPHANIE |                                     | 9:30-10:30AM<br>RIDE<br>BARBARA |                                    | 9:00-10:00AM<br>RIDE<br>JEN |
|                                    | 12:00-12:50PM<br>RIDE<br>STACEY       | 12:00-12:50PM<br>RIDE<br>KIM             | 12:00-12:45PM<br>RHYTHM RIDE<br>MEG |                                 |                                    |                             |
| 5:30-6:15PM<br>RHYTHM RIDE<br>KATE | 5:30-6:30PM<br>RIDE<br>GERRY          | 5:30-6:15PM<br>RHYTHM RIDE<br>WHITNEY    |                                     |                                 |                                    |                             |

EFFECTIVE JANUARY 1, 2025

UPDATED 12.16.24