CYCLING SCHEDULE

COMPLIMENTARY GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00AM POWER RIDE NEAL		6:00-7:00AM POWER RIDE LINDA H.		6:00-7:00AM POWER RIDE TIM		
	8:45-9:45AM POWER RIDE DENNIS		8:45-9:45AM POWER RIDE DENNIS			
9:30-10:30AM POWER RIDE BARBARA		9:30-10:30AM POWER RIDE DENNIS		9:30-10:30AM POWER RIDE JEN S.	9:00-9:45AM FUSION RIDE LINDA G.	9:00-10:00AM POWER RIDE JEN S.
		12:00-12:50PM POWER RIDE KIM				
5:30-6:15PM FUSION RIDE WHITNEY	5:30-6:30PM POWER RIDE GERRY	5:00-5:45PM FUSION RIDE ROYA	5:30-6:15PM FUSION RIDE LINDA G.			

EFFECTIVE NOVEMBER 1, 2026

UPDATED 10.23.2026