

06-Jun-18: ClubCycle

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
						1	2	3
Time					5:45-6:45 am	8:00-9:00am	8:30-9:30am	
Instructor					Linda	Kim		** With the launch of the MindBody App - you will need to submit your class description if you do not use the standard CycleZone formats (See rows 53-60). So if you use Tabata Trail / Sunday Fun Day, etc - you need to email Cat by 20th of the month with a short description for that class.
Time					9:15-10:15am			
Instructor					Amy			
Time								
Instructor								
		4	5	6	7	8	9	10
Time		8:00-8:45am	5:45-6:45 am	8:00-9:00am	5:45-6:45 am	8:00-9:00am	8:30-9:30am	
Instructor		Basic Cycle Linda	Linda	Linda	Linda	AJ		
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am			
Instructor	AJ		Tiffany		Amy			
Time	5:45-6:45pm	5:45-6:45pm	6:15-7:15 pm	5:45-6:45pm				
Instructor	Linda U	Hilary	Maureen	Hilary				
		11	12	13	14	15	16	17
Time		8:00-8:45am	5:45-6:45 am	8:00-9:00am	5:45-6:45 am	8:00-9:00am	8:30-9:30am	
Instructor		Basic Cycle Linda	Linda	Linda	Linda	Kim		
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am			
Instructor	AJ		Tiffany		Amy			
Time	5:45-6:45pm	5:45-6:45pm	6:15-7:15 pm	5:45-6:45pm				
Instructor	Linda U	Hilary	Maureen	Hilary				
		18	19	20	21	22	23	24
Time		8:00-8:45am	5:45-6:45 am	8:00-9:00am	5:45-6:45 am	8:00-9:00am	8:30-9:30am	
Instructor		Basic Cycle Linda	Linda	Linda	Linda	AJ		
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am			
Instructor	AJ		Tiffany		Amy			
Time	5:45-6:45pm	5:45-6:45pm	6:15-7:15 pm	5:45-6:45pm				
Instructor	Linda U	Hilary	Maureen	Hilary				
		25	26	27	28	29	30	
Time		8:00-8:45am	5:45-6:45 am	8:00-9:00am	5:45-6:45 am	8:00-9:00am		
Instructor		Linda	Linda	Linda	Linda	Kim		
Time	9:15-10:15am		9:15-10:15am		9:15-10:15am			
Instructor	AJ		Tiffany		Amy			
Time	5:45-6:45pm	5:45-6:45pm	6:15-7:15 pm	5:45-6:45pm				
Instructor	Linda U	Hilary	Maureen	Hilary				
<b>CycleZone Formats</b> - all using Polar Club and instructor is referencing the 5 HR zones								
CycleZone:	you can pick any of the formats and are using Polar and referencing the 5 HR zones							
CycleZone: HIIT	class consists of high intensity intervals for majority of the class: tabata's, timed intervals, 30s, 90s, etc.							
CycleZone: Endurance	class focuses on aerobic fitness: keeping RPM and HR steady during changing terrain, mostly a Zone 3 & Lower Zone 4 workout							
CycleZone: Hill	class consists of moving through zones building toward max then returned to Zone 2-3; usually come to flat terrain to recover; ride in endurance & tempo zones on hilly terrain using gears and cadence							
CycleZone: Power	class is a mix of formats usually starting in Zone 3 and partially zone 4. Last half of class really building for power going in zones 3-5							
* Basic Cycle	is a 45 min class only -- today we only offer that on Tuesday at 8:00am; Please do not use this format for one of your classes							