

American Family Fitness Southside Cycle Schedule July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 AMERICAN FAMILY FITNESS www.amfamfit.com 804-330-3400 Group Fitness Manager Chrissie Mack cmack@amfamfit.com	Great way to start cycling, try our Intro to Cycling classes on Tuesday nights!			1 5:45 CycleStrength* Lindsay 5:30 Cycle60-Kelly 7:30 Cycle45-Pat	2 6:00 Cycle45- Stephanie 9:30 Cycle45- Sarah	3 8:05 CycleStrength* Lindsay 9:30 Cycle60- Sarah
4 Gym closes at 2PM Happy Fourth!	5 6:00 Cycle45- Melanie 9:30 CycleAbs-Sarah 5:30 Cycle45-Kelly 7:00 Cycle45- Melanie	6 10:45 CycleXP- Wendi 5:30 Cycle60- Melanie 7:00 Intro to cycle- Adrien	7 6:00 Cycle45-Lindsay 9:30 Cycle60-Tony 5:30 Cycle45-Melanie 7:00 Cycle45-Adrien	8 5:45 Cycle Sprint/ Hill*-Lindsay 5:30 Cycle60-Kelly 7:30 Cycle45-Pat	9 6:00 Cycle45- Melanie 9:30 Cycle45- Chrissie	10 8:05 CycleStrength* Lindsay 9:30 Cycle60-Pat
11 ☺3:10 Cycle 45 Melanie	12 6:00 Cycle45-Lindsay 9:30 CycleAbs- Sharon 5:30 Cycle45-Kelly 7:00 Cycle45- Adrien	13 10:45 CycleXP- Ruth 5:30 Cycle60- Sharon ☺7:30 IntroToCycle- Stephanie	14 6:00 Cycle45-Corey 9:30 Cycle60-Tony 5:30 Cycle45-Melanie 7:00 Cycle45-Adrien	15 5:45 CycleStrength* Lindsay 5:30 Cycle60-Kelly 7:30 Cycle45- Adrien	16 6:00 Cycle45- Melanie 9:30 Cycle45- Stephanie	17 8:05 CycleStrength* Lindsay 9:30 Cycle60-Tony
18 ☺3:10 Cycle 45 Stephanie	19 6:00 Cycle45- Lindsay 9:30 CycleAbs-Sarah 5:30 Cycle45-Kelly 7:00 Cycle45- Melanie	20 10:45 CycleXP- Wendi 5:30 Cycle60- Melanie ☺7:30 IntroToCycle- Adrien	21 6:00 Cycle45- Corey 9:30 Cycle60-Tony 5:30 Cycle45-Sarah 7:00 Cycle45-Adrien	22 5:45 CycleSprint/ Hill*- Lindsay 5:30 Cycle60-Kelly 7:30 Cycle45-Pat	23 6:00 Cycle45- Melanie 9:30 Cycle45- Wendi	24 8:05 CycleStrength* Lindsay 9:30 Cycle60- Stephanie
25 ☺3:10 Cycle 45 Melanie	26 6:00 Cycle45- Melanie 9:30 CycleAbs-Sharon 5:30 Cycle45-Kelly 7:00 Cycle45- Stephanie	27 10:45 CycleXP- John 5:30 Cycle60- Sharon ☺7:30 IntroToCycle- Stephanie	28 6:00 Cycle45- Corey 9:30 Cycle60-Tony 5:30 Cycle45-Sarah 7:00 Cycle45- Chrissie	29 5:45 CycleStrength* Pat 5:30 Cycle60-Kelly 7:30 Cycle45-Pat	30 6:00 Cycle45- Stephanie 9:30 Cycle45- Chrissie	31 8:05 CycleStrength* Pat 9:30 Cycle60- Diane

☺ Designates family friendly classes, children nine and up can take class with parent

Rules of the Road

SIGN-UP AND CHECK-IN: To reserve your space in class, sign-up at the front desk up to 48 hours in advance. Before class, check-in at the front desk, receive your pass. **KEEP IT ON YOUR BIKE** the instructor will collect them. **5 MINUTES** to class time, unclaimed passes will be given to riders on the waiting list.

ARRIVE EARLY: Please arrive early for proper setup and adjustments to the bike. Hasty bike adjustments can lead to injury. Arriving late to class is very disruptive to other participants. If a prior training session is ending, please wait for all participants to leave the area before selecting your bike.

GET HELP FOR INITIAL FITTING: If you are a new rider, be sure to inform the instructor prior to your ride that this is your first cycling class. The instructor can assist in bike adjustments to fit your leg and torso length and demonstrate the proper foot position and pedaling technique. Proper setup is necessary for injury prevention.

BRING WATER AND A TOWEL: Adequate hydration throughout the ride is imperative. Indoor cycling raises your body temperature and causes significant perspiration. With good ventilation and cooling, you may be unaware of the amount of water lost through perspiration. Drink plenty of water before, during and after training. Bring a towel with you to each class. Please be considerate of other riders by wiping down the bike and surrounding areas after each class.

ENJOY, LEARN, TRAIN—DON'T COMPETE: Enjoy this exciting program and use it to meet your own personal goals. Keep in mind that an indoor cycling training session is not a competition.