



SCHEDULE



2514 Bell Rd. Auburn, CA 95603 530-885-1964 cacfit.com

Fall 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-5:50am Cycle Michael		5:15-6:10am Cycle Patti		5:00-5:50am Cycle Michael		
9:15-10:10am Cycle Robert	9:30-10:25am Cycle Danielle	9:15-10:10am Cycle Ann	9:30-10:25am Cycle Michael	9:15-10:10am Cycle to World Beats Joe	9:00-9:55am Cycle Alternating Instructor	
5:30-6:25pm Cycle Kim	5:30-6:25pm Cycle Lisa		5:30-6:25pm Cycle Kim			

Virtual Classes Can't make a live class? Virtual classes are now available at any time! With over 100 cycling videos to choose from varying in length from 20 to 60 minutes, they are a great alternative when a scheduled live class doesn't work for you. If you have never taken a cycle class before, we do recommend taking one of our live classes first or ask for assistance when setting up your cycle bike for the first time. Inquire at the Member Service desk for assistance with Fitness On Demand™ virtual class set-up.

**Cycle classes are designed for all levels of fitness!
To ensure your safety and success in our Cycle Classes,
please follow these suggested guidelines:**

- Arrive early for class if you are new to Indoor Cycle to allow the instructor time to assist you in properly setting up your bike.
- Bring a full water bottle for adequate hydration.
- Bring a workout towel to wipe away sweat.
- Bike shoes with SPD cleats are compatible with our bikes but are not necessary for Indoor Cycle. Athletic shoes with a firm sole are recommended.
- Please advise instructor of any medical conditions or physical limitations prior to class.
- Participants must be 14 years of age to participate. Participants under the age of 16 must be accompanied by an adult.
- Schedule of classes and/or instructors are subject to change. Check schedule regularly for updates.

We are here to help with any questions or concerns. Please don't hesitate to ask!

Cycle Class Registration

-All cycle classes require registration prior to class as space is limited. Reserve your spot at the Member Service desk or on the CACFit app.

Cycle Class Etiquette

- Cellphone usage is prohibited during class.
- Keep conversation to a minimum to avoid disruption during class.

