



SCHEDULE



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

Summer 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-5:50 AM Cycle Michael				5:00-5:50 AM Cycle Michael		
9:15-10:10 AM Cycle Robert		9:15-10:10 AM Cycle Michael		9:15-10:10 AM Cycle to World Beats Joe	9:00-9:55 AM Cycle Alternating Instructor	
5:30-6:25 PM Cycle Kim	5:30-6:25 PM Cycle Mona		5:30-6:25 PM Cycle Kim			

**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.