

# MAC 2009 SUMMER GROUP CYCLING SCHEDULE

Effective June 1, 2009

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	<i>Kelley</i> Spin and Core	<i>Jim</i> Cardio Spin					
8:15 AM							
8:30 AM						<i>Carolyn</i> Cardio Spin	<i>Dillon/Sandy</i> Cardio Spin
9:15 AM		<i>Jen</i> Cardio Spin					
6:00 PM		<i>Steve</i> Cardio Spin		<i>Dillon</i> Cardio Spin			

## Policies

- ◆ Due to the popularity of group cycling, advance reservations are strongly encouraged.
- ◆ Reservations may be made up to 4 days in advance by calling the Conceirge Desk at 364-8800 during club hours.
- ◆ Members with an advance reservation have priority for a bike - *this reservation will be held until five minutes prior to the start of class*. Bikes not claimed at that time will be given to members on the waiting list. Any remaining bikes will then be available to walk-ins on a first come, first served basis.
- ◆ As a courtesy to fellow members, please cancel advance reservations if you are unable to attend a class.
- ◆ Members must confirm class attendance on the yellow reservation sheet as indicated, located in the spinning studio.
- ◆ First time participants are always welcome! Please arrive 5 - 10 minutes prior to class and inform the instructor so that you may be assisted with proper bike set-up and instructed accordingly during the session.