

MAC 2010 WINTER GROUP CYCLING SCHEDULE

Effective January 11, 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	<i>Dillon/Steve</i> Spin and Core	<i>Jim</i> Cardio Spin		<i>Irma B.</i> Cardio Spin			
8:15 AM							<i>Dillon</i> Spin and Core 70 min.
8:30 AM						<i>Carolyn</i> Cardio Spin	
9:15 AM		<i>Jen</i> Cardio Spin		<i>Michelle</i> Cardio Spin			
9:30 AM							<i>Sandy</i> Cardio Spin
10:00 AM						<i>Steve</i> Cardio Spin	
6:00 PM	<i>Jen</i> Cardio Spin	<i>Steve</i> Cardio Spin	<i>Chad</i> Cardio Spin	<i>Dillon</i> Cardio Spin			

Policies

- ◆ Due to the popularity of group cycling, advance reservations are strongly encouraged. Members can reserve no more than 2 classes at a time.
- ◆ Reservations may be made up to 4 days in advance by calling the Conceive 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.