



# INDOOR CYCLE CLASSES

## SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Cycle</b> 5:15-6:00am <b>Tracy</b>	<b>Cycle</b> 5:15-6:00am <b>Lyne</b>	<b>Cycle</b> 5:15-6:00am <b>Tracy</b>			
<b>Cycle</b> 6:15-7:00am <b>Lesa</b>					<b>Cycle</b> 7:00-7:45am <b>Rotation</b>	
<b>Cycle</b> 9:00-9:45am <b>Michael</b>				<b>Cycle &amp; Weights</b> 9:00-9:45am <b>Michael H.</b>	<b>Cycle</b> 9:00-10:00am <b>Kris</b>	<b>Cycle</b> 9:00-10:00am <b>Sue</b>
	<b>Cycle Express</b> 12:00-12:30pm <b>Kris</b>		<b>Cycle Express</b> 12:00-12:30pm <b>Michael</b>			
				<b>Cycle Wellness</b> 1:00-1:45pm <b>Kris</b>		
<b>Cycle</b> 5:15-6:00pm <b>Chantelle</b>		<b>Cycle</b> 5:15-6:00pm <b>Kris</b>				
	<b>Cycle</b> 5:45-6:30pm <b>Sue</b>					
		<b>Cycle with Dr. Deming</b> 6:45-7:30pm				

Class schedule including formats, times, and instructors subject to change without notice. Classes with low attendance will be cancelled. Updates posted in advance when possible. Thank you for your understanding.

## Cycle Class Descriptions:

**Cycle:** Explore the different venues of cycle: endurance, hills and drills, speed work, power, intervals, etc. Each class is a new adventure that will challenge you while having fun at the same time. This class offers a combination of strength and endurance training and is a great cardiovascular workout. All levels are welcome.

**Cycle Express:** A 30-minute class that includes a variety of drills and provides a great cardiovascular workout. All levels welcome.

**Cycle & Weights:** Working on and off the bike, combine cardio and strength training to give you a complete workout. All levels welcome. *Please wear regular sneakers for this class, not cycling shoes.*

**Cycle Wellness:** This class is designed to assist individuals with neurological disorders participate in a cycling activity to improve overall wellness. The class focuses on cycling at higher RPMs to achieve these goals. This focus is based on evidence-based studies that note that this type of activity can assist in reducing the symptoms of Parkinson's disease. A variety of cycling drills include a mix of rolling hills as well as fun and friendly 'team' activities. Assistance is provided for participants in adjusting bike settings to accommodate specific needs.

**Cycle with Dr. Deming:** Enjoy fellowship and a rousing aerobic workout with high energy and great music. The class is taught by Dr. Dick Deming as part of the Above + Beyond Cancer survivorship program but is open to anyone.



### Center Hours

Monday – Friday  
4:30 a.m. – 9:00p.m.

Saturday  
6:00a.m. – 6:00 p.m.

Sunday  
8:00a.m. – 6:00 p.m.

[www.mercyhealthfitness.com](http://www.mercyhealthfitness.com)

12493 University Avenue, Clive, Iowa 50325 - (515) 226-9622