



## CYCLE STUDIO

### DECEMBER

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>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>Kris</b>	<b>Cycle</b> 9:00-10:30am <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)

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