

Group Cycling

Why cycle? Maybe it's because you'll torch an average of 500 calories per 40-minute ride. Or maybe it's because regardless of your fitness level, you'll get a heart pounding yet low-impact workout while maintaining the ability to go at your own pace. Whatever the reason, millions worldwide have found a lot to love about group cycling. With no complicated moves to learn, a motivating group environment, great instructors and music that begs your legs to pedal, you'll find yourself having a blast while you ride your way to a leaner, stronger body. Most classes are 45 minutes. Rider must be at least 4'11" tall to ride. Class minimum 3, maximum 11. What to Bring: a water bottle, a towel for you, a towel to clean your bike, and a heart rate monitor (optional).

New Participants: Come to a FREE Try It Group Cycling class! Offer good for new participants only, one per person.

Group Cycling Passes

This pass is good for all group cycling classes. Passes are good for 1 year from the date of purchase. Passes are non-transferable and non-refundable. At the time of the package purchase, you can reserve the dates & times of classes you wish to attend. You can also call in at any time after you have purchased a pass to reserve a spot in a class. Please reserve your space early to avoid having a class you want to attend be cancelled. You must check in and obtain a receipt at the front desk prior to each class. This receipt must be turned in to the instructor at the start of each class. In the event you are unable to attend a class that you have reserved a bike for, you must move your name to a new roster a minimum of 24 hours in advance. This can be done in person or by calling 440-995-6840. If your name is on the list 24 hours prior to the class, a visit will be deducted from your pass regardless of attendance. There are no exceptions to this rule, other than with a doctor note due to injury or illness.

Fees:

	Member	Non-Member (residents only)
Walk Up	\$6	\$7
6 Punch Pass	\$30 (\$5/class)	\$34
12 Punch Pass	\$57 (\$4.75/class)	\$65
24 Punch Pass	\$108 (\$4.50/class)	\$124

You must register at the front desk where you will obtain a receipt. Each participant must turn their receipt in to the instructor at the start of the class. **Drop-ins** are permitted on a first come first serve basis. You cannot sign up for a specific class in advance when paying the drop-in rate. You can only drop-in on classes that have a space open starting 30 minutes prior to the class. You must pay at the time you reserve your space for the day.

*Schedule and Instructor subject to change, please call 440-995-6840 to register for classes.

Please Note: Classes with less than 3 people registered in advance are subject to cancellation. We reserve the right to cancel any class up to 24 hours prior to the start of the class based on participation. You will receive a phone call if a class you have signed up for is cancelled. Please sign up as early as you can!

If you have any questions, comments or concerns about this program, please contact Patrick Schneider at 440-995-6840.

Schedule of Regular Classes

Tuesday's at 5:30 pm starting Jan 3

Wednesday's at 5:30 pm starting January 4

We will continue to look for instructors who can offer different times including a few early morning classes and another evening class. Please check with the front desk for the most up-to-date class offering schedule.