INDOOR CYCLING

<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 AM</td>
<td>Super Cycle Georgina</td>
<td>Super Cycle David</td>
<td>Super Cycle</td>
<td>Super Cycle David</td>
<td>Super Cycle Georgina</td>
<td></td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Club Cycle Jessica</td>
<td>Super Cycle Jen</td>
<td>Club Cycle Jessica</td>
<td>Cycle Jen</td>
<td>Mega Club Cycle</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cycle Melissa T.</td>
<td></td>
<td>Super Cycle</td>
<td></td>
<td>Jessica</td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Cycle Mimi</td>
<td></td>
<td>Cycle Alt. Inst.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Super Cycle Kali</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CLASS LEVELS

Level 1: Class format is designed to give basic skills required to perform the class in a safe, fun, and effective manner. Class is suitable for someone just beginning to exercise, or coming back to exercise. No experience is necessary.

Level 2: Class is designed for the student who has the basic skills needed to perform the class. Class will incorporate basic movements with modifications to allow for an increase in intensity or may be longer in duration. Basic experience is necessary.

Level 3: Class is designed for the student who has had regular exercise experience. Class will incorporate moderate to high levels of intensity. Class duration varies depending on type of class taught.

Level 4: Class is appropriate for families and children. Friendship and cooperation are emphasized through partner and teamwork.

CLASS DESCRIPTION

Abs: (Level 1-3) Intense core training, 30-45 minutes crunches, drops, etc...

Advanced Step: (Level 1-3) This 55 minutes of advanced choreographed step class will make anyone sweat! Class will combine step, sculpt, power moves, and interval training. This class is not for beginners.

Beginner Line Dance: (Level 1-3) Learn basic choreographed dance to country music.

Circuit: (Level 1-3) A 30 minute circuit that consists of alternating 1 minute strength training move with 1 minute of cardio using hand weights and your favorite Zumba music and dance moves.

Cardio Kick: (Level 1-3) High energy and fast paced workout. Kick, punch, and sculpt your way to a stronger and leaner body.

Classic Combo: (Level 1-3) An energetic, fun, cardio variety workout with sculpting moves using light weights.

Club Line Dancing: (Level 1-3) Learn how to line dance to your favorite line dances at the club.

Kids Conditioning: (Level 4) Kids ages 8-13 will train outside for 45 minutes doing a basic strength conditioning class with cardio.

Line Dance: (Level 2-3) Learn choreographed dance to country music.

Sculpt: (Level 1-3) Features any or all of the following: weights, elastic tubing with handles, stability ball, small ball, step and abdominal work to strengthen/ tone the muscles.

Stability Ball: (Level 1-3) Fun variety workout that incorporates the use of the stability ball to strengthen the arms, legs, chest, abs and lower back.

Step: (Level 1-3) 45 minutes of fun step aerobic workout to heart-pounding music. You will love it!

Stretch: (Level 1-3) Relax and stretch the major muscles in the body.

Sweat Shop: (Level 2-3) Take the challenge; anything goes in this fabulous 60-90-minute class of total body conditioning.

Yoga Stretch: (Level 1-3) This class is designed to relax, stretch, tone, and strengthen major muscle groups.

Zumba: (Level 1-3) This 45 min class combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

CYCLE

Club Cycle: (Level 2-3) A 60 minute exciting stationary cycle workout to your favorite dance club music.

Cycle: (Level 2-3) A 45-55 minute exhilarating stationary cycle workout with hill climbs, jumps, sprints, and much more.

Mega Club Cycle: (Level 2-3) A 90 minute class that challenges your endurance and gives you a ride to your favorite dance club music.

Super Cycle: (Level 2-3) 60 minute spin class that challenges the experienced rider. Get ready to sweat!