




Group Cycling

Winter Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 ~ 10:30 am Drills & Hills Wendy	6:00 ~ 6:45 am Cardio Pace Fred	9:30 ~ 10:30 am Drills & Hills Barb	5:45 ~ 6:45 am Cardio Pace Wendy	9:30 ~ 10:30 am Drills & Hills Barbara	8:00 ~ 9:00am Cardio Pace Theresa
	10:45 ~ 11:15 am 30 Min Spin Wendy	10:30 ~ 11:00 am 30 Min Spin Wendy	10:45 ~ 11:15 am 30 Min Spin Kathy	9:00 ~ 10:00 am Cycle/Yoga Theresa		
	6:00 ~ 7:00pm Cardio Pace Katie			6:00 ~ 7:00pm Drills & Hills Katrina		

YOU MUST REGISTER FOR A BIKE IN ADVANCE TO ATTEND CLASS

YOU MAY REGISTER FOR A CLASS 48 HOURS IN ADVANCED

You must notify us of a CANCELLATION NO LATER THAN ONE HOUR prior to class

Subject to Change. Please check our website www.orchardhillsathleticclub.com



ORCHARD HILLS ATHLETIC CLUB

Instructors
 Jodi Richard
 Theresa Hoberman
 Karen Mimnaugh
 Barbara Pagourgis
 Wendy Bertrand
 Katie Lorion
 Kelley O'Connor
 Fred Paine
 Katrina Durham
 Kathy Hyatt

1/19/2011