







# Group Cycling Spring Schedule

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

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](http://www.orchardhillsathleticclub.com)

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



ORCHARD HILLS ATHLETIC CLUB

5/23/2010