



**Contact Information: Annette Garrison,
Health & Wellness Coordinator at
270-827-9622 ext. 324**

CYCLING LIVE AND VIRTUAL

Live Classes may be changed out to Virtual Classes whenever an instructor is not available.

**Age Policy Instructor lead classes: Under 10 -Not Allowed
Ages 10-13 with Adult or Parent, Ages 14 & up can participate
without a parent or adult.**

**Age Policy Virtual RPM: Require a parent or adult be with
all kids under age 18 due to safety and liability issues.
Parents or adults are encouraged to participate in classes.**

4/3/2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30 a.m.	VIRTUAL	Reebok Cycle Live	VIRTUAL	VIRTUAL	VIRTUAL		
7:00-7:45a.m.	VIRTUAL			VIRTUAL	VIRTUAL		
8:05-8:50 a.m.	VIRTUAL		Reebok Cycle Virtual		Reebok Cycle Live		
9:00-10:00 a.m.	VIRTUAL		VIRTUAL			Reebok Cycle Live	
10:30-11:15 a.m.		VIRTUAL		VIRTUAL		VIRTUAL	
11:45-12:15p.m.		VIRTUAL EXPRESS		VIRTUAL EXPRESS			
12:15-1:00 p.m.	VIRTUAL		VIRTUAL		VIRTUAL		VIRTUAL
2:00-2:45 p.m.	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
3:00-3:45 p.m.	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
4:15-5:00 p.m.	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		VIRTUAL
5:45-6:30 p.m.	Reebok Cycle Live		Reebok Cycle Live	Reebok Cycle Live			
7:00-7:30 p.m.	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		

RPM™: Indoor cycling class set to the rhythm of motivating music. Burn up to 620 calories a workout and get fit fast. Learn all the basic cycling moves like standing up, sitting down, changing hand positions, speeding up and slowing down. You control your own resistance levels and sprint speed so you can build up your training level over time. 30 and 45 minute options

To put Christian principles into practice through programs that build healthy Spirit, Mind and Body

FINANCIAL ASSISTANCE AVAILABLE FOR LOW INCOME FAMILIES OR INDIVIDUALS