Wheat Ridge
Recreation Center

Swimming

Aquacise

Basketball

Climbing Wall

Aerobics

Weight Room

Fitness Floor

Running Track

Meeting Rooms

Wheat Ridge
Recreation Center
City of Wheat Ridge
Parks and Recreation
4005 Kipling St.
Wheat Ridge, CO
80033
303-231-1300
www.ci.wheatridge.co.us

Revised 10.25.16

DROP-IN GROUP CYCLING CLASSES

Join us for indoor cycling! Group Cycling classes are now included with your daily admission. Use your punch card, annual pass or pay the daily drop-in fee.

You must check in at the front desk and get a pass as the number of bikes is limited. Please give your pass to your instructor. Passes will start being handed out 15 minutes prior to the start of class.

All classes are instructed by our Group Cycling certified staff. Each class includes a 45-60 minute ride with stretching at the end. This workout focuses on cardio-vascular fitness, endurance and muscle strength. Bring your water bottle and sweat towel!

Please note instructors and classes are subject to change without prior notification. Classes may cancel due to low attendance. Please get an updated schedule from the front desk before attending class.

Group Cycling Class Schedule (Fall / Winter)

Monday		11:00am-12:00pm **Susan**	4:30-5:30pm **Ali**
Tuesday	5:30-6:30am **Deborah**		
Wednesday		11:00am-12:00pm **Tiffany**	
Thursday	5:30-6:30am **Deborah**	11:00am -12:00pm **Doug / Sean**	5:30pm - 6:30pm **Jenny / Sean**
Saturday	9:00-10:00am **Jenny / Tiffany**		