

Indoor Cycling Schedule

TIMES	MON	TUE	WED	THURS	FRI	SAT
0600-0645	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling *FIP	
0800-0845						Indoor Cycling
1645-1730	Indoor Cycling			Indoor Cycling		
1800-1845			Indoor Cycling			

INDOOR CYCLING: A 45-minute, low impact, moderate to high intensity cardio workout on the Keiser M3 Bike coached by certified fitness professionals. Great for cross training and preparing for the cycle ergometry test. New participants are encouraged to arrive early for bike setup and proper technique information. This class is sure to be a rewarding experience.

Work to your own personal best! The VAFB Group Fitness Program is suitable for all fitness levels. Classes are taught by certified fitness professionals dedicated to providing safe and effective exercise for all participants.



Bldg 9005 • 606-3832
Check the schedule frequently for updates.
Visit us online at www.30fss.com
Schedule Updated: FEB 10



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