

May Cycle Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45 Group Ride <i>Chrissy</i>			9am Group Ride <i>Jenna</i>	
9:15 Cycle Cross <i>Bari or Chrissy</i>	9:30 Group Ride & Abs <i>Dot</i> 75-min	9:15 Cycle Cross <i>Buffy</i>	9:30 Group Ride & Abs <i>Dot</i> 75-min	9:15 Group Ride <i>John</i>		
6:00 Group Ride <i>Candy</i>		6:00 Group Ride <i>Candy</i>				



All classes 60 minutes unless otherwise posted

Columbia Athletic Clubs-Silver Lake • 505 128th Street SE • Everett, WA 98208
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Cycle Class Descriptions

GROUP RIDE: Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60-minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!

CYCLE CROSS: This class does it all! Cardio intervals of cycling plus plyometrics, strength training and core have you getting fit FAST!