Indoor Cycling Classes

Enjoy many mixes of music while enhancing your cardiovascular endurance and muscular strength. Participants select personal intensity levels and all fitness levels are welcome.

Monday and Wednesday
12:15—1:00 PM

How to reserve a bike: Space is limited to 10 riders, so reserve early. You can sign-up and purchase your place in class at the Student Recreation Center.

Necessary for class:
- We recommend you bring a water bottle and a towel
- You do not need special shoes, but bikes are equipped for clip-in shoes
- Please arrive at least 10 minutes before your first class to allow for proper bike set-up

12-Week Program Dates:
May 18—August 7
Make up week: Aug 10-13

Power Lunch
Using BOSU, weights, stability balls, and bands, improve muscular strength and endurance in this fun-filled class. We welcome any fitness level.

Tue/Thur: 12:15pm—12:45pm
Special Cost: $1.00 per class

Employee Fitness Program: Free entry w/Employee ID

Cycling Fee Structure

<table>
<thead>
<tr>
<th></th>
<th>FSU Student</th>
<th>Member</th>
<th>Non Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-in</td>
<td>$ 2.25</td>
<td>$ 3.25</td>
<td>$ 5.00</td>
</tr>
<tr>
<td>12 sessions</td>
<td>$ 24.00</td>
<td>$ 35.00</td>
<td>$ 54.00</td>
</tr>
<tr>
<td>24 sessions</td>
<td>$ 43.00</td>
<td>$ 62.00</td>
<td>$ 96.00</td>
</tr>
</tbody>
</table>

Cycling Classes

- Minimum of 12 sessions required to reserve bike.
- Sessions must be used for same day throughout semester.