

NEW - CYCLE FITNESS CLASS PROGRAMS • SEPTEMBER 2019

Class descriptions provide participants with an idea of what kind of workout they can expect! Our certified instructors can provide all participants with various levels of intensity and will offer modifications and safety cues as well as be able to answer any questions before or after class. Remember, each instructor has his/her own unique style. The same class taught by a different instructor will be different but the best way to find one you are comfortable with is to try them out!

IMPORTANT – We appreciate all participants **being on time for class**. **Once the instructor begins class, the door will be closed and late arrivals will not be granted access.** Drop-ins sold only on the day of class.

CYCLE N' ABS

Tuedays' Group: 7:00 am – 7:45 am
Dates: September 17 – December 3
Instructor: Derek Smith

This 45 minute class combines a cardio cycling work out and strength training for your core. It's about 25 min on the bike and 15 minutes of core exercises.

CYCLE FIT

Thursday's Group: 7:00 am - 7:45 am
Dates: September 19 – December 5
Instructor: Derek Smith

This indoor cycling class is a cardio challenge using various speeds and resistance levels, sprint drills and more! This class is great for beginners to advanced participants because participants set their own resistance levels.

12 CLASSES/SESSION PROGRAM FEE

Sports Centre Members: \$102+ hst • Non-members: \$120 + hst

Drop-ins: If space is available, drop in rate \$12 + hst/class. Payment required at the time of registration.

Classes cancelled (i.e. due to holiday, weather, etc.) will be made up but may run later into December

PLEASE REGISTER BEFORE START DATE OF CLASS AT:

Panther Central desk, Chi-Wan Young Sports Centre, University of Prince Edward Island, (902) 566-0368

Registration is with specific program and date. No swapping of classes not registered in.



HAVE FUN. GET FIT. FEEL GREAT!

upei.ca/ar/fitnessclasses