

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		CYCLE 6:15 – 7:00 JENNIFER		CYCLE 6:15 – 7:00 JENNIFER			
10:00 AM						CYCLE 10:45 – 11:45 ANDREA	
12:00 PM	CYCLE 12:15 – 1:00 KATIE	CYCLE 12:15 – 1:00 HANNAH	CYCLE 12:15 – 1:00 KATIE	CYCLE 12:15 – 1:00 HANNAH	CYCLE 12:15 – 1:00 CATHERINE		
4:00 PM	CYCLE 4:00 – 5:00 CATHERINE		CYCLE 4:00 – 5:00 CATHERINE		CYCLE 4:00 – 5:00 KAITLIN		CYCLE 4:00 – 5:00 SKYE
5:00 PM		CYCLE 5:15 – 6:15 SKYE		CYCLE 5:15 – 6:15 RACHEL			
6:00 PM	CYCLE 6:00 – 7:00 KAITLIN		CYCLE 6:00 – 7:00 SKYE				
7:00 PM		CYCLE 7:00 – 8:00 RACHEL					

**See campusrec.unc.edu/group-fitness-classes for more information*

INDOOR CYCLE PROCEDURES

To make your experience in the indoor cycle class more enjoyable, please abide by the ABCD policy...

- **Always Sign Up.** Sign-up sheets are available at the SRC. Participants must sign-up in person no more than one day prior to the class **[registration by phone is not permitted]**.
- **Be on Time.** Registered class participants must pick up a pass on the walk way to the cycle room, in the SRC, starting **30 minutes** prior to the class, and show it to the instructor to gain access to the cycle room. Instructors will open the cycle room **10 minutes before the start of class**. If you are not present **5 minutes** prior to the start of the class, you will be considered a "no show", and your spot will be given to another participant. Unregistered participants must line up outside the cycle room on a **first-come, first-serve basis**. The instructor will allow you into the room based on how you are lined up if any spots become available.
- **Clean your Bike for the Next Participant.** All participants are expected to clean their bike at the conclusion of the class.
- **Don't Forget Your Necessities.** Every participant must bring a water bottle and a towel to spin classes.