

Effective August 2017

**Revolution and TRX Schedule**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM							
9:00 AM							<b>revolution</b> Liz
10:30 AM							
4:45 PM			<b>TRX</b> Patrick		<b>TRX</b> Patrick		
5:30 PM		<b>revolution</b> Betsy		<b>revolution</b> Betsy			
5:45 PM			<b>TRX</b> Patrick		<b>TRX</b> Patrick		
6:00 PM							



## getting to know revolution

Everyone finishes first in revolution! 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!

### Reservation Policy

You may call or stop by the Front Desk to reserve a bike for class anytime the day of the class you want to attend. Exception: You may reserve bikes for the 9:00 am class starting after 1:00 pm the day before the class you want to attend. Each class will have a waiting list of 3 slots once the class is full. If someone cancels, the next person on the waiting list will be called. At the designated start time of class, if you are not present, anyone waiting or on the waiting list may take any available bike.

### What to Wear

Cycling shorts are recommended because they are padded and give a little extra comfort where needed. Gel seats that slide over the bike saddle are also a nice alternative.

## **TRX** getting to know TRX

TRX is an innovative way to develop muscle strength and endurance using a unique strap system where you utilize your body weight as resistance. The class is not only great for increasing muscular strength but it is great for developing core strength as well. Additional benefits include improvements in balance and flexibility. Classes range from 30 minutes to 40 minutes.

### TRX Reservation Policy

You may reserve your spot in a class by signing up 30 minutes before the start of a class. Sign-up sheets are available outside of the TRX room which is Racquetball Court #1 located on the second floor at the back of the building. If you are new to TRX, arrive 10 minutes early to get basic instructions on how to use the TRX strap system.

