

Schedule Effective December 1—December 10th

Schedule is subject to change. Schedules are on www.juniperswimandfitness.com or call (541) 389-7665

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 am Cycle <i>Kirsten R</i>	5:30-6:30 am Cycle <i>Eris C</i>	6:00-7:00 am Cycle <i>Ann C</i>	5:30-6:30 am Cycle <i>Eris C</i>	6:00-7:00 am Cycle <i>Vivian U</i>	7:45-9:00 am Extended Cycle <i>Cherie T</i>
8:05 - 9:05 am C Fit4U Cycle <i>Ann C</i>	8:15-9:15 am C Cycle <i>Cherie T</i>	8:05-9:05 am C Fit4U Cycle <i>Kirsten R</i>	8:15-9:15 am C Cycle <i>Cherie T</i>	8:05-9:05 am C Fit4U Cycle <i>Andy H</i>	
9:30-10:30 am C Cycle <i>Cherie T</i>	9:30-10:30 am C Cycle <i>Kim D</i>	9:30-10:30 am C Cycle <i>Michelle E</i>	9:30-10:30 am C Cycle <i>Andy H</i>	9:30-10:30 am C Cycle <i>Natalia</i>	9:30-10:45 am C Cycle/Core <i>Michelle E</i>
10:40-11:25 am C Cycle <i>Michelle E</i>	10:40-11:25 am C Cycle <i>Barbara T</i> 11:30 am C Cycle 101 <i>Barbara T</i>	11:00-11:45 am C Cycle <i>Michelle E</i>	10:35-11:45 am C Baby & Me Cycle/Core <i>Andy H</i>	10:40-11:25 am C World Beat Cycle <i>Natalia</i>	
12:00-12:30 pm C Express Cycle <i>Natalia M</i>	12:00-1:00 pm C Cycle <i>Alli J</i>	12:00-1:00 pm C Cycle <i>Sam M</i>	12:00-12:30 pm C Express Cycle <i>Michelle E</i>	12:00-12:30 pm C Express Cycle <i>Natalia M</i>	
4:20-5:20 pm C Cycle <i>Viviane U</i>	4:20-5:20 pm C Cycle <i>Julie C</i>				
	5:30-6:20 pm C Cycle/Winter Cond <i>Ann C</i>	5:30-6:30 pm C Cycle Strength & Core <i>Jenn C</i>	5:30-6:25 pm C Cycle <i>Ann C</i>		

- **C - Child Care offered** **Indoor Cycle Team - Please check website for scheduled instructor**
- Please be respectful of others and wait until the previous class has finished and exited before entering the room.
- All classes are on a first-come, first-served basis.
- Please check with your physician before beginning. Arrive 10 minutes early to your first class for an introduction.
- Please aware of group exercise class etiquette and expectations. Please be prepared to follow them and they are on the website.
- 16-17 year olds are welcome in all of our regular group exercise classes. 11-15 year olds may attend most classes under direct parent/guardian supervision or with Fitness Coordinator approval.

New to indoor cycling? Take the Cycle 101 or ask the instructor for assistance before your first class.

Benefits: Indoor cycling is a non-impact, cardio workout for everyone - you don't need to be a cyclist to enjoy these classes. Classes can be easily modified to meet your needs and goals. Want to cycle on your own? You're welcome to use the bikes when classes are not in session, however, the room will be unavailable for 10 minutes before, and 10 minutes after class, to allow for a smooth transition.

Fit4U Fitness Programs



Specially designed for those wanting a lower impact and light intensity workout as well as those ages 50+, these exercise classes offer something for every fitness level - from just starting out to a regular fitness enthusiast! Increase your mobility, strength, cardio endurance, flexibility and core stability. Not only will you improve and maintain your fitness, you'll make friends and have fun! Look for the Fit4U icon with class descriptions

New to indoor cycling? Take the Cycle 101 or ask the instructor for assistance before your first class.

Class Expectations: See class expectations for full information.

- Personal sweat towels and water bottles are recommended.
- Bike pedals are SPD compatible but also work with regular workout shoes. Cycling shoes w/ exposed cleats may only be worn in the studio.
- Do not move seat posts or change cycle locations. All repairs should be reported to either the instructor or the Customer Service Desk.
- Students are expected to fully sanitize bikes and area after each class.
- Sign in to insure your spot. Sign-up is available one hour prior to class start. DO NOT sign in other participants. Do not sign in for back to back classes, assuring all have an opportunity to ride.
- Keep cell phones and pagers on vibrate and leave class to take calls.
- Use the cubbies for personal belongings, keeping floor space clear for emergency access.

Class Descriptions:

Cycle 101—Want to try indoor cycling? The instructor will assist you with a detailed bike set up, teach modifications and give you the skills and confidence to make indoor cycling a part of your exercise routine.



Baby n Me Cycle/Core - Bring baby and get your workout in while you connect with other parents and guardians in a supportive community. You and baby will have the time and space to settle in and connect with each other and the instructor. Babies are welcome from 6 weeks to crawling. Strollers, car seats and bouncy seats encouraged. There is no cycle on your own available during this time.

Cycle - Wide range of structured cycle workouts from endurance rides and hill climbs to sprints and race pace efforts. Music is specifically chosen to guide your effort and motivate your ride. You are encouraged to modify your ride at each class to meet your needs and your goals.

Cycle/Core—A double whammy! Cycling workout with off the bike functional core training to finish up.

Cycle Strength & Core- A combination of cardiovascular training, strength training and core conditioning, both on and off the bike.

Cycle/Winter Conditioning— A combination of cardio and winter conditioning both on and off the bike.

Express Cycle -Short on time? This is your class for a comprehensive workout as it's a regular workout condensed for time.

Fit4U Cycle - Wide range of structured cycle workouts. Perfect for active, older adults.



World Beat Cycle - International music selections to inspire you as you navigate hills, flats and intervals, with a bit of geographic trivia thrown in to exercise your brain as well.

Cycle on Your Own—Non-instructed cycling on your own. Please allow 10 minutes before and after scheduled classes to allow for smooth transitions. Please see cycle on your own expectations and check in at the South reception desk for personalized assistance.