



# CYCLE BURN

## Cyclists and Fitness Enthusiasts

**ALL CYCLE BURN CLASSES ARE FREE FOR APEX CENTER ANNUAL PASSHOLDERS INCLUDING SILVERSNEAKERS**

In these classes, you'll challenge yourself with an intense instructor-led workout that focuses on cardiovascular fitness, endurance and muscle strength. A Cycle Burn workout can give you the edge in all sorts of competitive events, enhance your existing fitness program, or keep you performing optimally in your off season.

**NEW! Pedaling for Parkinson's:** This innovative class is based on studies that show that "forced exercise" on a stationary bike – riding at a set speed three times a week – can reduce Parkinson's disease symptoms by as much as 35%. Priority is given to Parkinson's study group.



*Pedaling For Parkinsons*

**Schedule is effective September 25 and subject to change.**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 am		Cat		Scott		Sean	
7-8 am							Sue
9-10 am		Jennifer	Int./Adv. Terry		Int./Adv. Tamara	Jennifer	
9:30-10:30 am	Renea						
10:30-11:30 am		Parkinson's Tom		Parkinson's Tom		Parkinson's Tom	
Noon-12:45 pm				Express! Stephanie			
6:30-7:15 pm		Express! Renea					
6-7 pm			Ellen		Andy		

**Classes are free for Apex Center annual passholders, including SilverSneakers passholders.** Otherwise, the fee is \$6 for district residents and \$7.25 for non-residents. 20-class punch cards are also available at \$110 for residents and \$135 for non-residents. Please bring a towel and a water bottle. Cycling shorts and water are recommended; pedals accommodate both clip-in cycling shoes (SPD and Look) and conventional shoes. Please do not wear perfume/cologne. Sign in is required at Apex Center Guest Services; first come first served. 16 bike limit. Classes take place at the **Apex Center Cycle Burn Studio, 13150 West 72nd Ave.**

**APEX CENTER**

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