



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 Parkinson's

Schedule is effective June 28 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 | | | |
| 6-7 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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