STUDIO CYCLE

NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
5:30 – 6:30am **SpinCamp*** *Sharon*	5:45 - 6:30am **Studio Cycle*** *Sharon*		5:45 - 6:30am **Studio Cycle*** *Sharon*			
7:15 - 8:00am **Studio Cycle*** *Patti*					8:00 – 8:55am **Studio Cycle*** *Claudia*	
9:15 - 10:00am **Studio Cycle*** *Patti*	9:30 - 10:15am **Studio Cycle*** *Cecilia*	9:15 - 10:00am **Studio Cycle*** *Cecilia*	9:00 – 9:45am **Studio Cycle*** *Claudia*	9:15 - 10:00am **Studio Cycle*** *Donna*	9:15 – 10:00am **Studio Cycle*** *Claudia*	9:00 – 9:45am **Studio Cycle*** *Amanda*
		10:30 - 11:15am **Theme Ride: OLDIES** *Donna*			10:30 - 11:15am **Studio Cycle*** *Cecilia*	11:15am – 12:00pm **Studio Cycle*** *Amanda*
		4:30 – 5:15pm **Studio Cycle*** *Patti*				
5:30 – 6:15pm **Studio Cycle*** *Cecilia*	6:00 - 6:45pm **Studio Cycle*** *Leora*		5:30pm – 6:15pm **Studio Cycle*** *Amanda*	5:30 – 6:15pm **Studio Cycle*** *Vanessa*		
7:00 - 7:45pm **Studio Cycle*** *Cecilia*	7:00 - 7:45pm **Studio Cycle*** *Leora*	6:15 - 7:00pm **Studio Cycle*** *Vanessa*				
			7:30 - 8:15pm **Studio Cycle*** *Vanessa*			

*All Studio Cycle classes require a reservation

Shaded classes are off peak

You can sign up for classes online! Sign-ups open 3 days prior to the class start time!

Get social with @HealthyFitNY and #SHOWUSYOURHF

Mon – Thu 5am-10pm • Fri 5am-9pm • Sat & Sun 7am-7pm

914.670.0600 • myhealthyfit.com

Just a few reminders!

- No cell phone use is permitted in Studio Cycle Classes!
- At the end of class, please raise your seat and handlebar to their highest level and wipe the posts down with a dry towel. Use wet wipes to clean non-metallic surfaces only.
- Classes averaging fewer than 10 participants may be dropped in future months.
- If you are not present at the start of class, you forfeit your spot. We will fill the open spot on a “first come, first served” basis with priority given to members on the waitlist.
- Reservations can be made 72 hours in advance at the front desk, over the phone, or on your iClub account online.
- Check in is required. No-shows will subject to a fee.