

# CYCLING Schedule\*: WINTER 2017

## Register for prime-time \*\*Cycling classes at [jccpalisades.org](http://jccpalisades.org)

Our cycle studio now has a total of 36 Keiser M3i bikes! You will be able to choose the exact bike you want when you make your cycling reservation online. Online reservation may be made up to 48 hours in advance of the scheduled class time. Seiden Wellness Center members will now be able to access the online reservation system up to 72 hours in advance of the scheduled class time. Up to 26 bikes may be reserved during this period.

Walk-ins should visit the Sadinoff Fitness Center Desk to inquire about spaces and to choose a bike. Non-prime time cycling classes do not require online registration. Additionally, open spaces in all prime time classes are available to walk-ins 1 hour prior to class start.

For the safety of our members, instructors may decide participants arriving late to class are unable to participate if they have missed the necessary warm-up. Contact Hagit Tal at 201.408.1477 or email [htal@jccotp.org](mailto:htal@jccotp.org) for more information. \*Schedule subject to change.

During leaderboard classes, all participants must follow the individual workouts and direction of instructors at all times to the best of their ability.

### SUNDAYS

8:15-9 am	** Cycling		Donna Koles	Cycling Rm
9:15-10 am	** Cycling		Hagit Tal	Cycling Rm
10:15-11 am	** Cycling	NEW!	Adeena Pultman	Cycling Rm

### MONDAYS

9:30-10:15 am	** Cycling		Hagit Tal	Cycling Rm
7:15-8 pm	Cycling		Andrew Strauss	Cycling Rm

### TUESDAYS

5:45-6:30 am	Cycling	NEW!	Lauren Tuvel	Cycling Rm
8:30-9:15 am	** Cycling		Blanca Grinkovitch	Cycling Rm
9:30-10:15 am	** Cycling	NEW!	Lauren Tuvel	Cycling Rm
12:15-1 pm	Cycling		Blanca Grinkovitch	Cycling Rm

### WEDNESDAYS

5:45-6:30 am	Cycling		Michael Mariotti	Cycling Rm
8:30-9:15 am	** Cycling		Adeena Pultman	Cycling Rm
9:30-10:25 am	** Cycling Fusion		Hagit Tal	Cycling Rm
7:30-8:30 pm	Cycling Fusion		Shira Kraft	Cycling Rm

### THURSDAYS

6-6:55 am	Cycling Fusion		Mark Hardaway	Cycling Rm
9:30-10:15 am	** Cycling		Tamar Lowe	Cycling Rm
12:15-1 pm	Cycling		Blanca Grinkovitch	Cycling Rm
6-6:45 pm	Youth Cycling (fee class for ages 10-15)	NEW!	Yael Rudolph	Cycling Rm
7:15-8 pm	Cycling		Michael Mariotti	Cycling Rm

### FRIDAYS

8:30-9:15 am	Cycling **		Hagit Tal	Cycling Rm
9:30-10:15 am	Cycling **		Blanca Grinkovitch	Cycling Rm

