

CYCLING Schedule*: WINTER 2017-2018

Register for prime-time **Cycling classes at 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 30 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 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

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	Tiffany Lebowitz	Cycling Rm
8:30-9:15 am	** Cycling	Blanca Grinkovitch	Cycling Rm
9:30-10:15 am	** Cycling	Rena Schenker	Cycling Rm
12:15-1 pm	Cycling	Blanca Grinkovitch	Cycling Rm

WEDNESDAYS

5:45-6:30 am	Cycling	Michael Mariotti	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

8:40-9:25 am	X-Press Cycling + Abs	Donna Koles	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	Cycling (youth)	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

