

STUDIO CYCLE

May

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

*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.