

We use the finest bikes in the industry, Cycle Ops PT300 bikes with a power meter. Seeing and using a power meter in your workout allows you to see how much effort you are putting out...no more guessing how hard is hard and how easy is easy. Our bikes also have a cadence feature to show you how fast you are pedaling and how many calories you burn...come check out the bikes, our instructors and get a great workout! Classes are \$8 ea. OR you can buy a 12 class gift card for \$72 (\$6ea.) You need to reserve bikes in advance, call the store during normal business hours and at least a day in advance. 661-833-4000. You will need a LARGE towel to drape over the bike, hydration drink, cycling shoes if you use them and get your pedal on!

	Fran	Courtland	Sam/Barry	Kyle	Kerry	Joe
Monday	10am women's		6am			6pm
Tuesday				6am	6pm	7:15pm
Wednesday	10am women's		6am			6pm
Thursday					6pm	7:15pm
Friday						6pm
Saturday				7am		9am
Sunday					11am	

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