

# SouthWest Maximus in WoodValley

## Induro Cycle “Theater Enhanced Cycling Studio”

### Gold Membership only

2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Schedule</b>	5:30-6:15 Cycle Jam Marsha/ Lisa	5:30-6:30 Induro Cycle Lisa	5:30-6:30 Induro Cycle Bob	5:30-6:30 Induro Cycle Dave	5:30-6:30 Induro Cycle Eric	
	10:00-11:00 <b>Silver Cycle</b> Michelle		10:00-11:00 <b>Silver Cycle</b> Michelle		10:00-11:00 <b>Silver Cycle</b> Michelle	7:10-8:00 Performance Cycle Cathy
<b>Evening Schedule</b>	12:15-1:00 Induro Cycle Bob	12:00-1:00 Induro Cycle Kirk	12:15-1:00 Induro Cycle Bob	12:00-1:00 Induro Cycle Kirk	12:15-1:00 Induro Cycle Bob	
	5:30-6:30 Induro Cycle Dave	5:15-6:00 Induro Cycle Troy  6:10-7:10 Performance Cycle Angie	5:30-6:30 Induro Cycle Eric	  6:10-7:10 Performance Cycle Terri	5:30-6:30 Induro Cycle Larry	

Induro Cycle classes are part of your Gold Membership. You will need a ticket to ride, given to your Instructor before class.  
The Theater is closed when we do not have classes scheduled. Check out the Full Schedule and find the best time for you!

**See you at the Theater!!!!**

Questions: [www.tamara@maximusfitnessandwellness.com](mailto:www.tamara@maximusfitnessandwellness.com)

Fitness Director