

IMPORTANT INFORMATION

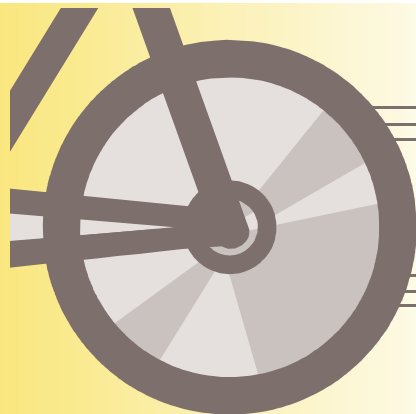
Booking

- Sessions must be booked and prepaid in advance as spaces are limited
 - Bookings can only be made up to 7 days in advance.
 - Session cards will be kept at Lifestyle reception at all times
- No refunds will be given on failure to attend prepaid sessions under any circumstances
- A pre exercise questionnaire must be completed before first attending a cardio cycling class

Please Note

- Session times and prices are subject to change, please check at Lifestyle reception
 - Classes will not run on Bank Holidays
- Platinum Members not giving 24 hrs notice of booking cancellation will be charged for the session on their next visit

Lifestyle Health & Fitness Suite ▪ Riviera International Centre ▪ Chestnut Avenue ▪ Torquay ▪ TQ2 5LZ



CARDIO cycling

Lifestyle
HEALTH & FITNESS SUITE

Lifestyle Health & Fitness Suite ▪ Riviera International Centre ▪ Chestnut Avenue ▪ Torquay ▪ TQ2 5LZ
T: 01803 206 345 ▪ F: 01803 206 320 ▪ E: info@rivieracentre.co.uk

CARDIO CYCLING

Using the LeMond Revmaster stationary bikes - the premier group cycle for unparalleled performance.

Cardio Cycling is a highly motivating group cycle class, which will help take you on a journey to a fitter and healthier lifestyle.

DECREASE BODY FAT LOSE WEIGHT IMPROVE AEROBIC FITNESS SHAPE & TONE
RELIEVE STRESS BURN 500+ CALORIES PER CLASS LOW IMPACT EXERCISE

MOTIVATIONAL & FUN!

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TIMETABLE & PRICES

MON	TUE	WED	THU	FRI	SAT	SUN
					9.15-10.00am Wayne	11.00-11.45am Wayne
6-6.45pm Tarnya	6-6.45pm Tarnya	6-6.45pm Wayne	6-6.45pm Wayne			
	7-7.45pm Wayne	7-7.45pm Wayne	7-7.45pm Wayne			

Members
£4.00
Session Card £40
for 11 sessions

Non Members
£4.70
Session Card £47
for 11 sessions

SUITABLE FOR ALL FITNESS LEVELS