

DECEMBER 2017

RWJ CYCLE ENERGY ZONES

E = Endurance
65-80% HR
80-110 RPM

S = Strength
75-85 % HR
60-80 RPM

I = Interval
65-92% HR
60-110 RPM

*B = Beginner

Happy Holidays

DEC 24 - EARLY CLOSING: 7am-2pm
DEC 25 - CLOSED
DEC 31 - EARLY CLOSING: 7am-4pm

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					5:45am - E 9:30am - I 5:30pm - S	7:30am - E 9:00am - S
3	4	5	6	7	8	9
8:30am - S	5:45am - E 7:30am - S 9:30am - I 6:00pm - E	7:00am - I 9:30am - S 5:30pm - E	5:45am - S 7:30am - E 9:30am - E 4:30pm - I 6:00pm - I	7:30am - S 9:30am - I 5:45pm - S	5:45am - I 9:30am - S 5:30pm - E	7:30am - I 9:00am - E
10	11	12	13	14	15	16
8:30am - E	5:45am - I 7:30am - E 9:30am - S 6:00pm - S	7:00am - S 9:30am - E 5:30pm - i	5:45am - E 7:30am - I 9:30am - I 4:30pm - S 6:00pm - E	7:30am - E 9:30am - S 5:45pm - E	5:45am - S 9:30am - E 5:30pm - i	7:30am - S 9:00am - I
17	18	19	20	21	22	23
8:30am - I	5:45am - S 7:30am - I 9:30am - E 6:00pm - I	7:00am - E 9:30am - I 5:30pm - S	5:45am - I 7:30am - S 9:30am - S 4:30pm - E 6:00pm - S	7:30am - I 9:30am - E 5:45pm - I	5:45am - E 9:30am - I 5:30pm - S	7:30am - E 9:00am - S
24	25	26	27	28	29	30
8:30am - S EARLY CLOSING 7am-2pm	CLOSED	7:00am - I 9:30am - S 5:30pm - E	5:45am - S 7:30am - E 9:30am - E 4:30pm - I 6:00pm - I	7:30am - S 9:30am - I 5:45pm - S	5:45am - I 9:30am - S 5:30pm - E	7:30am - I 9:00am - E
31						
8:30am - E EARLY CLOSING 7am-4pm						