Indoor Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle/Interval Nancy 8:15-9:00	BCC Carol 8:15 - 9:00	Cycle/ Strength Nancy 8:15-9:00	BCC Carol 8:15 - 9:00	Cycle/Theme Ride! Nancy 8:15 - 9:00	Strength & Stamina Andy 8:15-9:00
Live to Ride Pam 9:30 -10:15	BCC Carol 9:15 -10:00	Live to Ride Pam 9:30 - 10:15	BCC Carol 9:15 -10:00	9:15-7:00 Open Cycle Time	9:15-4:00 Open Cycle Time
Cycle 101 Pam 10:30 - 11:15 *First Monday of each month	10:15-7:00 Open Cycle Time	10:15-7:00 Open Cycle Time	10:15-7:00 Open Cycle Time		
11:30-7:00 Open Cycle Time					

TELLICO VILLAGE PARKS & RECREATION

Oct. 2026

Reservations must be made at www.schedulepoa.com

October Class Schedules Run October 5th—October 31st

Cycle 101: Cycle 101 is an introductory class designed to familiarize participants with the cycling bike and experience a cycling class. Class is scheduled for the first Monday of each month.

MWF 8:15 : Interval rides, alternate speeds providing a great cardio workout. Strength ride will incorporate resistance. Themed rides will have a different theme each week.

Live to Ride: High energy ride and music motivated. Live to Ride will include strength, interval and theme rides.

Strength & Stamina: Combines speed and resistance to improve fitness and have a rocking' time.

BCC (Bike, Core, Conditioning) - Strength and aerobic endurance that combines cycling and strength training off the bike.