

# SEPTEMBER 2017

## CENTRASTATE 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

*Labor Day*  
*Early Closing*  
7am - 1pm

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					9:00am - S	8:00am - E 9:00am - S
3	4	5	6	7	8	9
8:00am - S	9:15am - E  <b>LABOR DAY EARLY CLOSING</b>	5:30am - E 9:00am - I 6:30pm - S	9:00am - S  4:00pm - B*	5:30am - S 9:00am - E	9:00am - I	8:00am - I 9:00am - E
10	11	12	13	14	15	16
8:00am - E	9:15am - S 4:00pm - S 6:00pm - S	5:30am - I 9:00am - E 6:30pm - E	9:00am - I  4:00pm - B*	5:30am - E 9:00am - S	9:00am - E	8:00am - S 9:00am - I
17	18	19	20	21	22	23
8:00am - I	9:15am - I 4:00pm - E 6:00pm - E	5:30am - S 9:00am - S 6:30pm - I	9:00am - E  4:00pm - B*	5:30am - I 9:00am - I	9:00am - S	8:00am - E 9:00am - S
24	25	26	27	28	29	30
8:00am - S	9:15am - E 4:00pm - I 6:00pm - I	5:30am - E 9:00am - I 6:30pm - S	9:00am - S  4:00pm - B*	5:30am - S 9:00am - E	9:00am - I	8:00am - I 9:00am - E