

Workout Schedule

☐ **Swimming:**

- Tuesday / Thursday at 8:00 AM
- With Masters
 - M / F 7:30am-8:45am
 - T / W 8:30pm-9:45pm
 - Sunday 10:00am-11:15am

☐ **Biking:**

- Monday: B ride 4:00pm (Rec Hall)
- Wednesday: Speed Ride w/ Cycling Club (Nixon & Whitehall)
- Thursday: Beginner Rides 5:45pm (Rec Hall)
- A rides and other by list-serve

☐ **Running:**

- Wednesday 5:00pm group runs (Rec Hall)
- Friday 8:00am track workouts (Outdoor Track)
- Sunday Long Runs 10:00am (Rec Hall)