


Cayuga Coaching Programs

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday
6:00am		Endurance Series— Swimming 1 Hr Pool Coach: Sue			Endurance Series— Running 1 Hr 2nd Floor Treadmills Coach: Dillon			
7:00am						7:30am	Endurance Series— Cycling 1 Hr 3rd Floor Coach: Liz/Shiela	
8:30am						8:30am		
9:30am						9:15am		
10:00am						12:00pm	Cycle Lab 90 Min Small Group Fitness Room Coach: Shane	
11:30am		Kaizen Swim (11:15am-12:45pm) Pool Coach: Shane		Endurance Series— Swimming 1 Hr Pool Coach: Sue		1:00pm		Kaizen Skills 2 Hr 3rd Floor Coach: Shane
12:30pm		Hiit & Run 30 Min Small Group Fitness Room Coach: Anthony		Winter Spartan (12:15pm) 45 Min 3rd Floor Coach: Dillon		4:15pm		
4:30pm			Junior Ninja 60 min Outside or 3rd Floor Coach: Dillon		Junior Ninja 60 min Outside or 3rd Floor Coach: Dillon			
7:00pm		TI Level 2 90 Min Pool Coach: Shane	TI Level 1 90 Min Pool Coach: Shane					
6:45pm								

Check out cayugacoaching.org for more information or email Program Coordinator Dillon Shaffer at dillonshaffer500@gmail.com