

DEMO WEEK
Fall Session III
November 24th-30th

INDOOR CYCLING

These instructor-led classes will bring an exciting new dimension to your workouts! Classes are first-come, first-served. No registration is required!

Day:	Monday
Times:	5:30-6:15pm (starts 11/4)
Day:	Tuesday
Times:	5:15-6:00am 9:10-9:55am 5:30-6:15pm
Day:	Wednesday
Times:	5:30-6:15pm (starts 11/6)
Day:	Thursday
Times:	5:15-6:00am 9:10-9:55am 5:30-6:30pm
Day:	Friday
Time:	9:10-9:55am (starts 11/8)
Day:	Saturday
Time:	7:45-8:30am
Fee:	Member: FREE Nonmember: \$5.00 drop-in fee or \$24.00 (6 class punch card)

SENIOR CYCLE:

Day:	Monday
Times:	10:05-10:40am (starts 10/21)
Day:	Wednesday
Times:	10:05-10:40am (starts 10/23)
Day:	Thursday
Times:	10:05-10:40am (starts 10/24)

YOUTH CYCLE:
5th-9th Graders

Day:	Tuesday
Times:	3:50-4:20pm (starts 9/10)

Youth Cycling is Free to Members and Nonmembers