

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	SENIOR CYCLE:
Times:	5:30-6:15pm (starts 11/4)	Day: Monday Times: 10:05-10:40am (starts 10/21)
Day:	Tuesday	Day: Wednesday Times: 10:05-10:40am (starts 10/23)
Times:	5:15-6:00am 9:10-9:55am 5:30-6:15pm	Day: Thursday Times: 10:05-10:40am (starts 10/24)
Day:	Wednesday	
Times:	5:30-6:15pm (starts 11/6)	
Day:	Thursday	YOUTH CYCLE:
Times:	5:15-6:00am 9:10-9:55am 5:30-6:30pm	5th-9th Graders
Day:	Friday	Day: Tuesday Times: 3:50-4:20pm (starts 9/10)
Time:	9:10-9:55am (starts 11/8)	Youth Cycling is Free to Members and Nonmembers
Day:	Saturday	
Time:	7:45-8:30am	
Fee:	Member: FREE Nonmember: \$5.00 drop-in fee or \$24.00 (6 class punch card)	