

DEMO WEEK

Winter/Spring Session I

January 5th-11th

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 (ends 3/23)

Day: Tuesday
Times: 5:15-6:00am
9:10-9:55am
5:30-6:15pm

Day: Wednesday
Times: 5:30-6:15pm (ends 3/25)

Day: Thursday
Times: 5:15-6:00am
9:10-9:55am
5:30-6:30pm

Day: Friday
Time: 9:10-9:55am (ends 3/27)

Day: Saturday
Time: 7:45-8:30am

Fee: Member: FREE
Nonmember: \$5.50 drop-in fee or
\$24.00 (6 class punch card)

SENIOR CYCLE:

Day: Monday
Times: 10:05-10:40am (ends 3/23)

Day: Wednesday
Times: 10:05-10:40am (ends 3/25)

Day: Thursday
Times: 10:05-10:40am (ends 3/26)

YOUTH CYCLE: 5th-9th Graders

Day: Tuesday
Times: 3:50-4:20pm

Youth Cycling is Free to Members and
Nonmembers