

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!

		SENIOR CYCLE:	
Day:	Monday	Day:	Monday
Times:	5:30-6:15pm (ends 3/23)	Times:	10:05-10:40am (ends 3/23)
Day:	Tuesday	Day:	Wednesday
Times:	5:15-6:00am	Times:	10:05-10:40am (ends 3/25)
	9:10-9:55am	Day:	Thursday
	5:30-6:15pm	Times:	10:05-10:40am (ends 3/26)
Day:	Wednesday	YOUTH CYCLE:	
Times:	5:30-6:15pm (ends 3/25)	5th-9th Graders	
Day:	Thursday	Day:	Tuesday
Times:	5:15-6:00am	Times:	3:50-4:20pm
	9:10-9:55am	Youth Cycling is Free to Members and	
	5:30-6:30pm	Nonmembers	
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)		