

DEMO WEEK
Winter/Spring Session III
April 14th-18th

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

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

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

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

YOUTH CYCLE:
5th-9th Graders

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

Youth Cycling is Free to Members and Nonmembers