

# **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