

DEMO WEEK

Fall Session II

October 25th-31st

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!

To help prevent the spread of COVID-19 the Cycling Studio Capacity is limited to 12 participants including the instructor.

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

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

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

Demos are FREE to members and nonmembers

SENIOR CYCLE:

Day: Monday, Wednesday, & Thursday
Times: 10:05-10:40am

Free to Members and Nonmembers

YOUTH CYCLE: **5th-9th Graders**

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

Youth Cycling is Free to Members and Nonmembers