

August 2016-CYCLE

Mon	Tue	Wed	Thu	Fri	Sat
1 Cycle Boot Camp Danielle K./Michaela 5:30-7 am FREE Candace 10-11 am Chris 6:30-7:30 pm	2 Marian 9:30-10:30 am Cycle Boot Camp Danielle K./ Gretchen 6:30-7:30 pm FREE	3 Misty 5:30-6:30 am Michaela 10-11 am Beth 6-7 pm	4 Cycle Boot Camp Carol/Candace 9-10:10 am FREE Rick 6:30-7:30 pm	5 Cycle Boot Camp Jen P. *5:30-7 am FREE Marian 10-11 am	6 Danielle K. 6:30-7:30 am Rick 9-10 am
8 Cycle Boot Camp Danielle K./Michaela 5:30-7 am FREE Candace 10-11 am Chris 6:30-7:30 pm	9 Marian 9:30-10:30 am Cycle Boot Camp Danielle K./ Gretchen 6:30-7:30 pm FREE	10 Misty 5:30-6:30 am Michaela 10-11 am Beth 6-7 pm	11 Cycle Boot Camp Carol/Candace 9-10:10 am FREE Rick 6:30-7:30 pm	12 Cycle Boot Camp Jen P. *5:30-7 am FREE Marian 10-11 am	13 Danielle K. 6:30-7:30 am Rick 9-10 am
15 Cycle Boot Camp Danielle K./Michaela 5:30-7 am FREE Candace 10-11 am Chris 6:30-7:30 pm	16 Marian 9:30-10:30 am Cycle Boot Camp Danielle K./ Gretchen 6:30-7:30 pm FREE	17 Misty 5:30-6:30 am Michaela 10-11 am Beth (Soundtrack songs) 6-7 pm	18 Cycle Boot Camp Carol/Candace 9-10:10 am FREE Rick 6:30-7:30 pm	19 Cycle Boot Camp Jen P. *5:30-7 am FREE Marian 10-11 am	20 Danielle K. 6:30-7:30 am Rick 9-10 am
22 Cycle Boot Camp Danielle K./Michaela 5:30-7 am FREE Candace 10-11 am Chris 6:30-7:30 pm	23 Marian 9:30-10:30 am Cycle Boot Camp Danielle K./ Gretchen 6:30-7:30 pm FREE	24 Misty 5:30-6:30 am Michaela 10-11 am Beth 6-7 pm	25 Cycle Boot Camp Carol/Candace 9-10:10 am FREE Rick 6:30-7:30 pm	26 Cycle Boot Camp Jen P. *5:30-7 am FREE Marian 10-11 am	27 Danielle K. 6:30-7:30 am Rick 9-10 am
29 Cycle Boot Camp Danielle K./Michaela 5:30-7 am FREE Candace 10-11 am Chris 6:30-7:30 pm	30 Marian 9:30-10:30 am Cycle Boot Camp Danielle K./ Gretchen 6:30-7:30 pm FREE	31 Misty 5:30-6:30 am Michaela 10-11 am Beth 6-7 pm	<p align="center"><u>Special Sunday Class!</u> Sunday, August 14th 4-5 pm Danielle G. Sunday, August 21st 2:30-3:30 pm Lisa *Child Watch will not be open during these classes.</p>		

Please be sure to register at the member service desk, on line or over the phone for class.

Member: \$2
Non Member: \$7

You can also sign up to be a frequent cyclist and cycle unlimited for \$12 a month for members and \$70 for non members.

Frequent cyclers still need to sign up for classes.

FREE classes do not require registration.

If you need to cancel, please do so at least 2 hours prior to class in order to get \$2 back. Frequent cyclers also need to cancel 2 hours prior to class or will be charged \$2.