

September 2016-CYCLE

Mon	Tue	Wed	Thu	Fri	Sat
			1 Cycle Boot Camp Carol/Candace 9:15-10:30 am FREE Kids Cycle Boot Camp 5:30-6:30 pm Rick 6:30-7:30 pm	2 Cycle Boot Camp Jen P. 5:30-7 am FREE Marian 10-11 am	3 Danielle K. 6:45-7:30 am Rick 9-10 am
5 Labor Day CLOSED	6 Marian 9:30-10:30 am Cycle Boot Camp Danielle K./ Gretchen 6:30-7:30 pm FREE	7 Misty 5:30-6:30 am Michaela 10-11 am Beth 6-7 pm	8 Cycle Boot Camp Carol/Candace 9:15-10:30 am FREE Kids Cycle Boot Camp 5:30-6:30 pm Rick 6:30-7:30 pm	9 Cycle Boot Camp Jen P. 5:30-7 am FREE Marian 10-11 am	10 Danielle K. 6:45-7:30 am Rick 9-10 am
12 Cycle Boot Camp Danielle K./Michaela 5:30-7 am FREE Candace 10-11 am Chris 6:30-7:30 pm	13 Marian 9:30-10:30 am Cycle Boot Camp Danielle K./ Gretchen 6:30-7:30 pm FREE	14 Misty 5:30-6:30 am Michaela 10-11 am Beth (Soundtrack songs) 6-7 pm	15 Cycle Boot Camp Carol/Candace 9:15-10:30 am FREE Kids Cycle Boot Camp 5:30-6:30 pm Rick 6:30-7:30 pm	16 Cycle Boot Camp Jen P. 5:30-7 am FREE Marian 10-11 am	17 Danielle K. 6:45-7:30 am Rick 9-10 am
18 Cycle Boot Camp Danielle K./Michaela 5:30-7 am FREE Candace 10-11 am Chris 6:30-7:30 pm	19 Marian 9:30-10:30 am Cycle Boot Camp Danielle K./ Gretchen 6:30-7:30 pm FREE	20 Misty 5:30-6:30 am Michaela 10-11 am Beth 6-7 pm	21 Cycle Boot Camp Carol/Candace 9:15-10:30 am FREE Kids Cycle Boot Camp 5:30-6:30 pm Rick 6:30-7:30 pm	22 Cycle Boot Camp Jen P. 5:30-7 am FREE Marian 10-11 am	23 Danielle K. 6:45-7:30 am Rick 9-10 am
26 Cycle Boot Camp Danielle K./Michaela 5:30-7 am FREE Candace 10-11 am Chris 6:30-7:30 pm	27 Marian 9:30-10:30 am Cycle Boot Camp Danielle K./ Gretchen 6:30-7:30 pm FREE	28 Misty 5:30-6:30 am Michaela 10-11 am Beth	29 Cycle Boot Camp Carol/Candace 9:15-10:30 am FREE Kids Cycle Boot Camp 5:30-6:30 pm Rick 6:30-7:30 pm	30 Cycle Boot Camp Jen P. 5:30-7 am FREE Marian 10-11 am	

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.