

# December 2017-CYCLE

Mon	Tue	Wed	Thu	Fri	Sat
<p>Cycle Boot Camp Danielle/ Michaela 5:15-6:15 am <b>FREE</b></p> <p>Active Older Adult <b>FREE</b> 9-9:30 Pamela</p> <p>Candace 10-11 am</p> <p>Chris 6:30-7:30 pm</p>	<p>Marion 9:30-10:15 am (Core following til 10:40 am)</p> <p>January 6-6:30 pm</p>	<p>Misty 5:30-6:30 am</p> <p>Renee 10:15-11 am</p> <p>January 5:30-6 pm</p> <p>Kid Cycle Liz 6:15-7 pm</p>	<p>Cycle/Yoga/ H.I.I.T <b>FREE</b> Carol/ Candace 9:15-10:30 am</p> <p>Active Older Adult 11:30am-noon Rick <b>FREE</b></p> <p>Rick 6:30-7:30 pm</p>	<p>Cycle Boot Camp Jen P./ Danielle K. 5:30-7 am <b>FREE</b></p> <p>Marion 10-11 am</p>	<p>Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>
<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. <b>**Frequent Cyclers can sign up the 20th of month prior for classes!</b> Member -\$12 Non members-\$70 If you need to cancel, please do so at least prior to day of class in order to get refund.</p>				<p><b>FREE</b> classes do not require registration! Cycling is <b>FREE</b> for Small Group Members and you can also sign up the 20th of the month prior.</p>	



# December MX4/Small Group

## SMALL GROUP PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>6-6:45 pm <i>Tread N Shred</i></p>	<p>5:15-5:45 am <i>MX4</i></p> <p>6-6:30 am <i>MX4</i></p> <p>12:15-12:45 pm <i>MX4</i></p> <p>4:45-5:15 pm <i>MX4</i></p> <p>5-6pm <i>Youth</i></p>	<p>5:15-6:15 am <i>Strength and Power</i></p> <p>4:45-5:15 pm <i>Youth Yoga</i></p> <p>7:30-8 pm <i>MX4</i></p>	<p>5:15-5:45 am <i>MX4</i></p> <p>6-6:30 am <i>MX4</i></p> <p>12:15-12:45 pm <i>MX4</i></p> <p>4:45-5:15 pm <i>MX4</i></p>	<p>5:15-6 am <i>Tread N Shred</i></p> <p>4:45-5:15 pm <i>Youth MX4</i></p>	<p>5-5:30 am <i>MX4</i></p>	<p>6:45-7:15 am <i>MX4</i></p> <p>7:30-8 am <i>MX4</i></p> <p>11-12:00pm <i>Youth Strength</i></p> <p>12-12:30 pm <i>Youth MX4</i></p>

PRE-REGISTRATION IS REQUIRED!

The cost is as follows:

Member Drop In: \$10 per class Non-Member Drop In: \$15 per class

Unlimited Monthly Small Group Classes: \$55 Single Member \$70 Family Non Member Single \$110 (Can sign up the 20th of the month prior for classes)

\*\*PLEASE NOTE: Cycle classes included in monthly fee.