

October 2017-CYCLE

Mon	Tue	Wed	Thu	Fri	Sat
2 Cycle Boot Camp Danielle/ Michaela 5:15-6:15 am FREE Active Older Adult FREE 9-9:30 Pamela Candace 10-11 am Chris 6:30-7:30 pm	3 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i> January 6-6:30 pm	4 Misty 5:30-6:30 am Michaela 10:15-11 am January 5:30-6 pm Kid Cycle—Liz 6:15-7 pm	5 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am Active Older Adult FREE 11:30a m –noon Rick Rick 6:30-7:30 pm	6 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE Marion 10-11 am	7 Danielle K. 7:15-8 am Rick 9-10 am
9 Cycle Boot Camp Danielle/ Michaela 5:15-6:15 am FREE Active Older Adult FREE 9-9:30 Pamela Candace 10-11 am Chris 6:30-7:30 pm	10 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i> January 6-6:30 pm	11 Misty 5:30-6:30 am Michaela 10:15-11 am January 5:30-6 pm Kid Cycle—Liz 6:15-7 pm	12 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am Active Older Adult FREE 11:30a m –noon Rick Rick 6:30-7:30 pm	13 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE Marion 10-11 am	14 Danielle K. 7:15-8 am Rick 9-10 am
16 Cycle Boot Camp Danielle/ Michaela 5:15-6:15 am FREE Active Older Adult FREE 9-9:30 Pamela Candace 10-11 am Chris 6:30-7:30 pm	17 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i> January 6-6:30 pm	18 Misty 5:30-6:30 am Michaela 10:15-11 am January 5:30-6 pm Kid Cycle—Liz 6:15-7 pm	19 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am Active Older Adult FREE 11:30a m –noon Rick Rick 6:30-7:30 pm	20 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE Marion 10-11 am	21 Danielle K. 7:15-8 am Rick 9-10 am
23 Cycle Boot Camp Danielle/ Michaela 5:15-6:15 am FREE Active Older Adult FREE 9-9:30 Pamela Candace 10-11 am Chris 6:30-7:30 pm	24 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i> January 6-6:30 pm	25 Misty 5:30-6:30 am Michaela 10:15-11 am January 5:30-6 pm Kid Cycle—Liz 6:15-7 pm	26 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am Active Older Adult FREE 11:30a m –noon Rick Rick 6:30-7:30 pm	27 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE Marion 10-11 am	28 Danielle K. 7:15-8 am Rick 9-10 am
30 Cycle Boot Camp Danielle/ Michaela 5:15-6:15 am FREE Active Older Adult FREE 9-9:30 Pamela Candace 10-11 am Chris 6:30-7:30 pm	31 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i>	<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. **Frequent Cyclers can sign up the 20th of month prior for classes! Member -\$12 Non members-\$70 If you need to cancel, please do so at least prior to day of class in order to get \$2 back. Frequent cyclers also need to cancel prior to day of class or will be charged \$2.</p> <p style="text-align: center;">FREE classes do not require registration! Cycling is FREE for Small Group Members and you can also sign up the 20th of the month prior.</p>			



October MX4/Small Group

SMALL GROUP PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>6-6:45 pm Ride the Wave (Shallow end of lap pool)</i></p>	<p><i>5:15-5:45 am MX4 6-6:30 am MX4 4:45-5:15 pm MX4</i></p>	<p><i>5:15-6:15 am Strength and Power</i></p> <p><i>12:15-12:45 pm MX4</i></p> <p><i>5-5:30 pm Youth MX4</i></p> <p><i>7:30-8 pm MX4</i></p>	<p><i>5:15-5:45 am MX4</i></p> <p><i>6-6:30 am MX4</i></p> <p><i>4:45-5:15 pm MX4</i></p> <p><i>7-7:30 pm MX4</i></p>	<p><i>5:15-6 am Tread N Shred</i></p> <p><i>12:15-12:45 pm MX4</i></p> <p><i>5-6pm Youth Strength</i></p> <p><i>6-7 pm Strength and Power</i></p>	<p><i>5-5:30 am MX4</i></p> <p><i>9-9:45 am Tread N Shred</i></p>	<p><i>6:45-7:15 am MX4</i></p> <p><i>7:45-8:15 am MX4</i></p> <p><i>9:15-10 am Tread N Shred</i></p> <p><i>10-11 am Strength and Power</i></p> <p><i>11-12:00pm Youth Strength</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.