

May 2018-CYCLE

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|----------------------------|---|
| <p>Cycle Boot Camp FREE 5:15-6:15 am Danielle</p> <p>Active Older Adult FREE 9-9:30 am Pamela</p> <p>Candace 10-11 am</p> <p>Chris 6:30-7:30 pm</p> | <p>Marion 9:30-10:15 am <i>(CORE following til 10:40 am)</i></p> <p>January 6-6:30 pm</p> | <p>Misty 5:15-6:15am</p> <p>Active Older Adult FREE 9-9:30 am Pamela</p> <p>Renee 10:15-11 am</p> <p>Kid Cycle January 5:30-6 pm</p> <p>January 6:00-6:30 pm</p> | <p>Candace / Carol 9:15-10 am</p> <p>Rick 6:30-7:30 pm</p> | <p>Marion 10-11 am</p> | <p>Danielle 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 for hour class (half price for half hour class) 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 refund. Frequent cyclers also need to cancel prior to day of class or will be charged \$2.</p> | | | <p>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> | | |



May Small Group

SMALL GROUP PROGRAMS

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|--|--|---|
| <p>1:30-2:30 pm Cycle/Yoga Small Group (Aerobic Room)</p> <p>4:30-5:15pm Pilates/Barre Small Group (Aerobic Room)</p> | <p>5:15-6 am Tread N Shred (Wellness Center)</p> <p>9-10 am Tread N Shred (Wellness Center)</p> <p>12:15-12:45 pm MX4 (Multi-Purpose Room)</p> <p>5-6 pm Youth Strength (meet in Wellness Center)</p> | <p>5:15-6:15 am Strength and Power (Multi- Purpose Room) *Focus on legs, shoulders and core</p> <p>5:30-6:15 pm Power Medicine Ball (Fitness Studio)</p> | <p>5:15-6:15 am Strength and Power (meet in Wellness Center) *Focus on chest, biceps, tricep and core</p> <p>9-10 am Strength and Power (meet in Wellness Center) *Focus on legs, shoulders and core</p> <p>12:15-12:45 pm MX4 (Multi- Purpose Room)</p> <p>6-6:45 pm Pilates/Barre Small Group (Aerobic Room)</p> | <p>5:15-6 am Tread N Shred (Wellness Center)</p> <p>11:15 am-12 pm TRX Circuit (Multi- Purpose Room)</p> <p>4:45-5:15 pm Youth MX4 (Multit-Purpose Room)</p> | <p>9-10 am Strength and Power (meet in Wellness Center) *Focus on chest, biceps, tricep and core</p> | <p>10:00-11:00 am Youth Strength (meet in Wellness Center)</p> <p>10:00-11:00 am Strength and Power (meet in Wellness Center)</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)