

February 2018-CYCLE

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|--|---|---|
| <p>Danielle 5-5:30 pm</p> | <p>Active Older Adult FREE 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 Candace 9:25-9:55 am</p> <p>Active Older Adult FREE 11:30am- noon Rick</p> <p>Rick 6:30-7:30 pm</p> | <p>Cycle Boot Camp Gretchen/ Danielle FREE 5:15-6:15 am</p> <p>Marion 10-11 am</p> | <p>Danielle 7:15-8 am</p> <p>Rick 9-10 am</p> |
| <div data-bbox="191 1122 1163 1474" style="border: 1px solid black; padding: 5px;"> <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> </div> | | | | <div data-bbox="1409 1143 1976 1479" style="border: 1px solid black; padding: 5px;"> <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> </div> | | |



February MX4/Small Group

SMALL GROUP PROGRAMS

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|---|--|
| <p>5:15-6 am Tread N Shred</p> <p>4:45-5:15 pm TRX Circuit Small Group (multi-purpose room)</p> <p>5-6pm Youth Strength</p> | <p>5:15-6:15 am Strength and Power</p> <p>5:30-6:15 pm Small Group Yoga (in Fitness Studio)</p> | <p>5:15-6 am MX4 PLUS (2 rounds of the circuit)</p> <p>9-10 am Strength and Power (meet in Wellness Center)</p> <p>4:45-5:15 pm MX4</p> <p>5:15-5:45 pm TRX 101(multi-purpose room)</p> <p>7-7:30 pm MX4</p> | <p>5:15-6 am Tread N Shred</p> <p>4:45-5:15 pm Youth MX4</p> | <p>9-10 am Strength and Power (meet in Wellness Center)</p> <p>11:15 am-Noon Small Group Yoga (in Fitness Studio)</p> | <p>7:15-7:45 am MX4</p> <p>11-12:00pm Youth Strength</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.