

March 2018-CYCLE

Mon	Tue	Wed	Thu	Fri	Sat
<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>Kid Cycle Liz 5:30-6 pm</p> <p>January 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>
<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>		



March MX4/Small Group

SMALL GROUP PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1:30-2:30 pm Cycle/Yoga Small Group</p>	<p>5:15-6 am Tread N Shred</p> <p>9-10 am Tread N Shred</p> <p>5-5:30 pm TRX Circuit Small Group (multi-purpose room)</p> <p>5:30-6 pm Nutritional Support</p> <p>5-6 pm Youth Strength (meet in Wellness Center)</p>	<p>5:15-6:15 am Strength and Power (meet in Multipurpose room)</p> <p>5:30-6:15 pm Power Medicine Ball (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>5-5:30 pm MX4 Youth</p>	<p>5:15-6 am Tread N Shred</p> <p>6:30-7 pm MX4</p> <p>7-7:30 pm Nutritional Support</p>	<p>9-10 am Strength and Power (meet in Wellness Center)</p>	<p>10-10:30 Nutritional Support</p> <p>10:30-11:30 am Youth Strength (meet in Wellness Center)</p> <p>10:30-11:30 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)

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