



August MX4/Small Group

SMALL GROUP PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5:15-5:45 pm MX4	5:15-5:45 am MX4 6-6:30 am MX4 4:45-5:15 pm MX4 7:30-8 pm MX4	5:15-6:15 am Small Group Training 7:45-8:15 am MX4 8:30-9 am MX4 11:30am-noon MX4 12:15-12:45 pm MX4 4:45-5:15 pm Youth MX4	5:15-5:45 am MX4 6-6:30 am MX4 4:45-5:15 pm MX4 5:30-6 pm MX4	5:15-6:15 am Small Group Training 7:45-8:15 am MX4 8:30-9 am MX4 12:15-12:45 pm MX4 4:45-5:15 pm MX4 7:30-8pm MX4	12:15-12:45 pm MX4 1-1:30 pm MX4	6:15-6:45 am MX4 7-7:30 am MX4 7:45-8:15 am MX4 8:30-9 am MX4 12-12:30 pm Youth MX4

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.

August 2017-CYCLE

Mon	Tue	Wed	Thu	Fri	Sat
	1 Marion 9:30-10:15 am (Core following til 10:40 am) Danielle 5:30-6:15 pm	2 Misty 5:30-6:30 am Michaela 10:15-11 am Jen P 5:30-6 pm Kid Cycle—Liz 6:15-7 pm	3 Cycle Boot Camp FREE Carol/ Candace 9:15-10:30 am Active Older Adult FREE 11:30a m –noon Lisa Rick 6:30-7:30 pm	4 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE Marion 10-11 am	5 Danielle K. 7:15-8 am Rick 9-10 am
7 Cycle Boot Camp Danielle/Michaela 5:30-6:30 am FREE Active Older Adult FREE 9- 9:30 Lisa Candace 10-11 am Chris 6:30-7:30 pm	8 Marion 9:30-10:15 am (Core following til 10:40 am) Danielle 5:30-6:15 pm	9 Misty 5:30-6:30 am Michaela 10:15-11 am Jen P 5:30-6 pm Kid Cycle—Liz 6:15-7 pm	10 Cycle Boot Camp FREE Carol/ Candace 9:15-10:30 am Active Older Adult FREE 11:30a m –noon Lisa Rick 6:30-7:30 pm	11 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE Marion 10-11 am	12 Danielle K. 7:15-8 am Rick 9-10 am
14 Cycle Boot Camp Danielle/ Michaela 5:30-6:30 am FREE Active Older Adult FREE 9- 9:30 Lisa Candace 10-11 am Chris 6:30-7:30 pm	15 Marion 9:30-10:15 am (Core following til 10:40 am) Danielle 5:30-6:15 pm	16 Misty 5:30-6:30 am Michaela 10:15-11 am Jen P 5:30-6 pm Kid Cycle—Liz 6:15-7 pm	17 Cycle Boot Camp FREE Carol/ Candace 9:15-10:30 am Active Older Adult FREE 11:30a m –noon Lisa Rick 6:30-7:30 pm	18 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE Marion 10-11 am	19 Danielle K. 7:15-8 am Rick 9-10 am
21 Cycle Boot Camp Danielle/ Michaela 5:30-6:30 am FREE Active Older Adult FREE 9- 9:30 Lisa Candace 10-11 am Chris 6:30-7:30 pm	22 Marion 9:30-10:15 am (Core following til 10:40 am) Danielle 5:30-6:15 pm	23 Misty 5:30-6:30 am Michaela 10:15-11 am Jen P 5:30-6 pm Kid Cycle—Liz 6:15-7 pm	24 Cycle Boot Camp FREE Carol/ Candace 9:15-10:30 am Active Older Adult FREE 11:30a m –noon Lisa Rick 6:30-7:30 pm	25 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE Marion 10-11 am	26 Danielle K. 7:15-8 am Rick 9-10 am
28 Cycle Boot Camp Danielle/Michaela 5:30-6:30 am FREE Active Older Adult FREE 9- 9:30 Lisa Candace 10-11 am Chris 6:30-7:30 pm	29 Marion 9:30-10:15 am (Core following til 10:40 am) Danielle 5:30-6:15 pm	30 Misty 5:30-6:30 am Michaela 10:15-11 am Jen P 5:30-6 pm Kid Cycle—Liz 6:15-7 pm	31 Cycle Boot Camp FREE Carol/ Candace 9:15-10:30 am Active Older Adult FREE 11:30a m –noon Lisa Rick 6:30-7:30 pm		