

September 2017-CYCLE

Mon	Tue	Wed	Thu	Fri	Sat
<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>				<p>1 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE</p> <p>Marion 10-11 am</p>	<p>2 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>
<p>4</p> <p style="text-align: center;">Closed</p>	<p>5 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i></p> <p>January 5:30-6:15 pm</p>	<p>6 Misty 5:30-6:30 am</p> <p>Michaela 10:15-11 am</p> <p>January 5:30-6 pm</p> <p>Kid Cycle—Liz 6:15-7 pm</p>	<p>7 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am</p> <p>Active Older Adult FREE 11:30a m –noon Rick</p> <p>Rick 6:30-7:30 pm</p>	<p>8 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE</p> <p>Marion 10-11 am</p>	<p>9 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>
<p>11 Cycle Boot Camp Danielle/ Michaela 5:30-6:30 am FREE</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>12 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i></p> <p>January 5:30-6:15 pm</p>	<p>13 Misty 5:30-6:30 am</p> <p>Michaela 10:15-11 am</p> <p>January 5:30-6 pm</p> <p>Kid Cycle—Liz 6:15-7 pm</p>	<p>14 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am</p> <p>Active Older Adult FREE 11:30a m –noon Rick</p> <p>Rick 6:30-7:30 pm</p>	<p>15 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE</p> <p>Marion 10-11 am</p>	<p>16 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>
<p>18 Cycle Boot Camp Danielle/ Michaela 5:30-6:30 am FREE</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>19 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i></p> <p>January 5:30-6:15 pm</p>	<p>20 Misty 5:30-6:30 am</p> <p>Michaela 10:15-11 am</p> <p>January 5:30-6 pm</p> <p>Kid Cycle—Liz 6:15-7 pm</p>	<p>21 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am</p> <p>Active Older Adult FREE 11:30a m –noon Rick</p> <p>Rick 6:30-7:30 pm</p>	<p>22 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE</p> <p>Marion 10-11 am</p>	<p>23 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>
<p>25 Cycle Boot Camp Danielle/ Michaela 5:30-6:30 am FREE</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>26 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i></p> <p>January 5:30-6:15 pm</p>	<p>27 Misty 5:30-6:30 am</p> <p>Michaela 10:15-11 am</p> <p>January 5:30-6 pm</p> <p>Kid Cycle—Liz 6:15-7 pm</p>	<p>28 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am</p> <p>Active Older Adult FREE 11:30a m –noon Rick</p> <p>Rick 6:30-7:30 pm</p>	<p>29 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE</p> <p>Marion 10-11 am</p>	<p>30 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>



September 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 12:15-12:45 MX4 4-4:30 MX4 4:45-5:15	5:15-6:15 am Small Group Training 8:30-9 am MX4 11:30am-noon MX4 12:15-12:45 pm MX4 4:45-5:15 pm Youth MX4 7:30-8 pm MX4	5:15-5:45 am MX4 6-6:30 am MX4 12:15-12:45 MX4 4-4:30 pm MX4 4:45-5:15 pm MX4 5-5:45 pm Tread N Shread 7-7:30 pm MX4	5:15-6:15 am Small Group Training 8:30-9 am MX4 10-10:45 Tread N Shread 11:30am-noon MX4 12:15-12:45 pm MX4 4:45-5:15 pm MX4 5-6pm Youth Strength 6-7pm Women's	12:15-12:45 pm MX4 4:45-5:30 pm Tread N Shread	6:45-7:15 am MX4 7:45-8:15 am MX4 9:15-10 am Tread N Shread 10-11am Women's Strength 11-12:00pm Youth Strength 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.