


July 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 FREE classes do not require registration. 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>1 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>
<p>3 Cycle Boot Camp Danielle/ Michaela 5:30-6:30 am FREE</p> <p>Active Older Adult FREE 9-9:30 Lisa</p> <p>Candace 10-11 am</p> <p>Chris 6:30-7:30 pm</p>	<p>4</p> <p>CLOSED</p> 	<p>5 Misty 5:30-6:30 am</p> <p>Michaela 10:15-11 am</p> <p>Megan 6-7 pm</p>	<p>6 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am</p> <p>Active Older Adult FREE 11:30a m -noon Lisa</p> <p>Rick 6:30-7:30 pm</p>	<p>7 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE</p> <p>Marion 10-11 am</p>	<p>8 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>
<p>10 Cycle Boot Camp Danielle/ Michaela 5:30-6:30 am FREE</p> <p>Active Older Adult FREE 9-9:30 Lisa</p> <p>Candace 10-11 am</p> <p>Chris 6:30-7:30 pm</p>	<p>11 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i></p>	<p>12 Misty 5:30-6:30 am</p> <p>Michaela 10:15-11 am</p> <p>Megan 6-7 pm</p>	<p>13 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am</p> <p>Active Older Adult FREE 11:30a m -noon Lisa</p> <p>Rick 6:30-7:30 pm</p>	<p>14 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE</p> <p>Marion 10-11 am</p>	<p>15 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>
<p>17 Cycle Boot Camp Danielle/ Michaela 5:30-6:30 am FREE</p> <p>Active Older Adult FREE 9-9:30 Lisa</p> <p>Candace 10-11 am</p> <p>Chris 6:30-7:30 pm</p>	<p>18 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i></p>	<p>19 Misty 5:30-6:30 am</p> <p>Michaela 10:15-11 am</p> <p>Megan 6-7 pm</p>	<p>20 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am</p> <p>Active Older Adult FREE 11:30a m -noon Lisa</p> <p>Rick 6:30-7:30 pm</p>	<p>21 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE</p> <p>Marion 10-11 am</p>	<p>22 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>
<p>24/31 Cycle Boot Camp Dan- ielle/Michaela 5:30-6:30 am FREE</p> <p>Active Older Adult FREE 9-9:30 Lisa</p> <p>Candace 10-11 am</p> <p>Chris 6:30-7:30 pm</p>	<p>25 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i></p>	<p>26 Misty 5:30-6:30 am</p> <p>Michaela 10:15-11 am</p> <p>Megan 6-7 pm</p>	<p>27 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am</p> <p>Active Older Adult FREE 11:30a m -noon Lisa</p> <p>Rick 6:30-7:30 pm</p>	<p>28 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE</p> <p>Marion 10-11 am</p>	<p>29 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>



July MX4/Small Group

SMALL GROUP PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16	17 5:15-5:45 am MX4 6-6:30 am MX4 445-5:15 pm MX4 7:30-8 pm MX4	18 5:15-6:16 am Small Group Training 7:45-8:15 am MX4 8:30-9 am MX4 11:30am-noon MX4	19 5:15-5:45 am MX4 6-6:30 am MX4 445-5:15 pm MX4 5:30-6 pm MX4	20 5:15-6:16 am Small Group Training 7:45-8:15 am 8:30-9 am 11:30am-noon	21 12:15-12:45 pm MX4 1-1:30 pm MX4	22 6:15-6:45 am MX4 7-7:30 am MX4 7:45-8:15 am MX4 8:30-9 am MX4
23 5-6 pm Small Group Training 6-6:30 pm MX4 6:45-7:15 pm MX4	24 5:15-5:45 am MX4 6-6:30 am MX4 445-5:15 pm MX4 7:30-8 pm MX4	25 5:15-6:16 am Small Group Training 7:45-8:15 am MX4 8:30-9 am MX4 11:30am-noon MX4	26 5:15-5:45 am MX4 6-6:30 am MX4 445-5:15 pm MX4 5:30-6 pm MX4	27 5:15-6:16 am Small Group Training 7:45-8:15 am 8:30-9 am 11:30am-noon	28 12:15-12:45 pm MX4 1-1:30 pm MX4	29 6:15-6:45 am MX4 7-7:30 am MX4 7:45-8:15 am MX4 8:30-9 am MX4
30 5-6 pm Small Group Training 6-6:30 pm MX4 6:45-7:15 pm MX4	31 5:15-5:45 am MX4 6-6:30 am MX4 445-5:15 pm MX4 7:30-8 pm 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.

Cancellations for class must be made 24 hours before class or the drop in rate will be charged to your account.

August 2017-CYCLE

Mon	Tue	Wed	Thu	Fri	Sat
<p>FREE classes do not require registration!</p> <p>Cycling is FREE for Small Group Members and you can also sign up the 20th of the month prior.</p>	<p>1 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i></p> <p>Danielle 5:30-6:15 pm</p>	<p>2 Misty 5:30-6:30 am</p> <p>Michaela 10:15-11 am</p> <p>Jen P 5:30-6 pm</p> <p>Kid Cycle—Liz 6:15-7 pm</p>	<p>3 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am</p> <p>Active Older Adult FREE 11:30a m –noon Lisa</p> <p>Rick 6:30-7:30 pm</p>	<p>4 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE</p> <p>Marion 10-11 am</p>	<p>5 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>
<p>7 Cycle Boot Camp Danielle/ Michaela 5:30-6:30 am FREE</p> <p>Active Older Adult FREE 9-9:30 Lisa</p> <p>Candace 10-11 am</p> <p>Chris 6:30-7:30 pm</p>	<p>8 Marion 9:30-10:15 am <i>(Core following til 10:40 am)</i></p> <p>Danielle 5:30-6:15 pm</p>	<p>9 Misty 5:30-6:30 am</p> <p>Michaela 10:15-11 am</p> <p>Jen P 5:30-6 pm</p> <p>Kid Cycle—Liz 6:15-7 pm</p>	<p>10 Cycle Boot Camp FREE Carol/Candace 9:15-10:30 am</p> <p>Active Older Adult FREE 11:30a m –noon Lisa</p> <p>Rick 6:30-7:30 pm</p>	<p>11 Cycle Boot Camp Jen P./Danielle K. 5:30-7 am FREE</p> <p>Marion 10-11 am</p>	<p>12 Danielle K. 7:15-8 am</p> <p>Rick 9-10 am</p>
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