

September 2018-CYCLE

Mon	Tue	Wed	Thu	Fri	Sat
<p>Cycle Boot Camp FREE 5:15-6:15 am Danielle</p> <p>Active Older Adult FREE 9-9:30 am Pamela</p> <p>Candace 10-11 am</p> <p>Chris 6:30-7:30 pm</p>	<p>Marion 9:30-10:15 am <i>(CORE following til 10:40 am)</i></p> <p>Youth Cycle January 5:30-6 pm</p> <p>January 6-6:30 pm</p>	<p>Misty 5:15-6:15am</p> <p>Active Older Adult FREE 9-9:30 am Pamela</p> <p>Youth Cycle 9:30-10am</p> <p>Renee 10:15-11 am</p>	<p>Candace / Carol 9:15-10 am</p> <p>Rick 6:30-7:30 pm</p>	<p>Marion 10-11 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. Must be 15 years old to cycle. Youth classes available. 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>		



SEPTEMBER SMALL GROUP

SMALL GROUP PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>6:30-7:15pm Pilates/Barre Small Group Becky (Aerobic Room)</p>	<p>5:15-6:15am Tread N Shred Gretchen (Wellness Center)</p> <p>9-10am Butts and Guts Beth (Wellness Center)</p> <p>12:15-12:45pm MX4 Leanne (Multi-Purpose Room)</p> <p>1-2pm Strength and Power Leanne (Multi-Purpose Room)</p> <p>5:30-6:30pm Women's Strength Training Beth (Wellness Center)</p>	<p>5:15-6:15am Women's Strength Training Beth (Wellness Center)</p> <p>6-7pm Youth Strength Diedra (Wellness Center)</p>	<p>5:15-6:15am Tread N Shred Danielle (Wellness Center)</p> <p>12:15-12:45 pm MX4 Leanne (Multi-Purpose Room)</p> <p>5:30-6:30pm Youth Tread N Shred Diedra (Wellness Center)</p> <p>6-6:45pm Pilates/Barre Small Group Jen (Aerobic Room)</p> <p>6-7pm Women's Strength Training Beth (Wellness Center)</p>	<p>5:15-6:15am Women's Strength Training Beth (Wellness Center)</p> <p>11:30-12:30pm Strength and Power Leanne (Multi-Purpose Room)</p> <p>4:45-5:15 pm Youth MX4 Leanne (Multi-Purpose Room)</p>	<p>9-10am Butts and Guts Beth (Wellness Center)</p>	<p>8-9am Strength and Power Diedra (Wellness Center)</p> <p>9-10am Youth Strength Diedra (Wellness Center)</p> <p>10-11am Women's Strength Training Diedra (Wellness Center)</p>

PLATEAUD, NEED A CHANGE, SEARCHING FOR A HIGH CALORIE BURN?? TRY 1 **FREE SMALL GROUP CLASS.**

Promotional Code: Members: SMGMJ18
Expires: 9/19/18, limited to 1 per member

