

November 2018-CYCLE

Mon	Tue	Wed	Thu	Fri	Sat
<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 9-9:45 am</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>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>		



November Small Group

**SMALL GROUP
PROGRAMS**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<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 Beth (Wellness Center)</p> <p>5:30-6:30pm Youth Strength Marisa (Wellness Center) Ages 9 and up</p>	<p>5:15-6:15am Women's Strength Training Beth (Wellness Center)</p> <p>5:00-6:00pm Tread N Shred Marisa (Wellness Center)</p> <p>6:00-7:00pm Youth Tread N Shred Marisa (Indoor Track) Ages 5 and up</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>5-6pm Youth Strength Jerrod (Wellness Center) Ages 9 and up</p> <p>6:30-7:30pm MX4 Marisa (Multi-Purpose Room) Ages 5 and up</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>6-7pm Butts and Guts Beth (Wellness Center)</p>	<p>5:15-6:15am Pilates/Barre Becky (Aerobic Room)</p> <p>9-10am Butts and Guts Beth (Wellness Center)</p>	<p>10-11am MX4 Marisa (Multi-Purpose Room) Ages 5 and up</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)