



INDOOR CYCLING

FALL II SESSION

UNLIMITED CLASSES

\$35 MEMBERS; \$45 UNIVERSAL

DROP IN: \$5.50 MEM; \$6.50 UNV

NOVEMBER 1 - DECEMBER 22

****NO CLASS - FRIDAY 11/26****

Mondays 5:45 PM

Wednesdays 5:45 AM

Fridays 5:45 AM

PLUS... CHECK THIS OPTION OUT!

*Please have the staff add your name to the roster of the day(s) you will be attending on a regular basis. You may drop-in to any of the other days at no charge as space allows.

*If new to class, come about 15 minutes before for set-up and orientation.

Classes last about 45 minutes.

*If you are going to miss a class you have registered for, please call & cancel before class so someone else may use your bike.

*Drop-in bikes available no more than 15 minutes before class begins.

An instructor leads you through this cardio workout indicating when to adjust your speed and resistance level (making it easier or harder to pedal).

The class is set to music and allows you to go at your own pace and set your own resistance level.

Indoor Cycling is a low-impact exercise, which is much easier on your joints.

Regardless of how fit, flexible, or coordinated you are, you can get a great workout.

PLUS you could burn up to 600 calories per hour!

30 & OUT: CYCLE

½ hour ride FREE for members or just \$4.

**Bikes may be reserved
up to 7 days in advance.**

- OR -

If bikes are available, drop-in day of class.

**Mondays 8:30 - 9:00 AM
Wednesdays 5:45 - 6:15 PM**