

Lots of new cycling classes added!

NEW CLASSES
START IN
NOVEMBER!

JOIN US IN THE
CYCLING STUDIO
IN THE BACK OF THE
MAIN GYM!



**MONDAY: 5:45AM-6:30AM NEW! HOLLY
10-10:45AM NEW! SARAH
12:05-12:50PM TAMMY
5:15-6PM HOLLY/CARMEN
6:05-6:50PM AMY
7:45PM-8:30PM NEW! THERESA**

**TUESDAY: 6AM-6:45AM KATIE. NEW INSTRUCTOR!
9AM-9:45AM JOE HALL
6-7PM 1 HOUR! THERESA**

**WEDNESDAY: 5:45AM-6:30AM NEW! KATIE
10-10:45AM NEW! MARIE
12:05-12:50PM NEW!MARTI
5:15-6PM JOE C/HOLLY
6:05-6:50PM AMY
7:45PM-8:30PM NEW! THERESA**

**THURSDAY: 6AM-6:45AM CARMEN
9AM-9:45AM JOE HALL
6-7 PM THERESA**

**FRIDAY: 5:45AM-6:30AM NEW! KATIE
10-10:45AM NEW! SARAH
12:05-12:50PM TAMMY
6:05-6:50PM AMY**

SATURDAY: 9:15-10AM BIKING JOE HALL

SUNDAY: 3-3:45PM NEW! THERESA,SARAH,MIKE!

