



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ROLL. CLIMB. SWEAT. CHASE. SWEAT SOME MORE.

## Cycle Together & Cycle 30 Together

CYCLE TOGETHER is a huge calorie burner. It's a 60-minute cycling experience brought indoors. Chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

**Join us for preview classes!  
See reverse side for preview  
class schedule.**

**Please reserve your spot  
by signing up for classes  
at the front desk today!**



# CYCLE TOGETHER

## Preview Class Schedule

Sign up for classes at the front desk today!

<b>DAY/DATE</b>	<b>TIME</b>	<b>FORMAT</b>	<b>INSTRUCTOR(S)</b>
Tuesday, 1/2	6:00 AM	Cycle Together	Mark B. / Margaret / Jenny
	9:45 AM	Cycle 30 Together	Amber / Debbie
	4:30 PM	Cycle 30 Together	Amber / Jenny
	5:15 PM	Cycle 30 Together	Amber / Debbie / Jenny
Wednesday, 1/3	8:30 AM	Cycle Together	Dianne / Nicole / Margaret
	4:30 PM	Cycle 30 Together	Nicole / Mark
Thursday, 1/4	10:30 AM	Cycle 30 Together	Debbie / Margaret
	4:30 PM	Cycle 30 Together	Jenny / Amber / Debbie
	5:15 PM	Cycle 30 Together	Jenny / Amber
Friday, 1/5	8:30 AM	Cycle Together	Nicole/Jenny/Amber/Margaret
Saturday, 1/6	9:30 AM	Cycle 30 Together	Amber / Debbie / Jenny
	10:15 AM	Cycle 30 Together	Amber / Debbie / Jenny
Sunday, 1/7	9:15 AM	Cycle 30 Together	Amber / Debbie / Jenny
Monday, 1/8	8:30 AM	Cycle Together	Mark B./Nicole/Margaret/Dianne
	9:45 AM	Cycle 30 Together	Amber / Margaret /Dianne
	4:30 PM	Cycle Together	Amber / Jenny / Nicole
Tuesday, 1/9	6:00 AM	Cycle Together	Mark B. / Margaret / Jenny
	9:45 AM	Cycle 30 Together	Amber / Debbie/ Dianne
	4:30 PM	Cycle 30 Together	Amber / Jenny
	5:15 PM	Cycle 30 Together	Amber / Debbie / Jenny
Wednesday, 1/10	8:30 AM	Cycle Together	Dianne / Nicole / Margaret
	4:30 PM	Cycle 30 Together	Nicole / Mark
Thursday, 1/11	10:30 AM	Cycle 30 Together	Debbie / Margaret
	4:30 PM	Cycle 30 Together	Jenny / Amber / Debbie
	5:15 PM	Cycle 30 Together	Jenny / Amber
Friday, 1/12	8:30 AM	Cycle Together	Nicole/Jenny/Amber/Margaret
Sunday, 1/14	9:15 AM	Cycle 30 Together	Amber / Debbie / Jenny