

DEMO WEEK

January 3rd-9th

INDOOR CYCLING

These instructor-led classes will bring an exciting new dimension to your workouts! Classes are first-come, first-served. No registration is required!

To help prevent the spread of COVID-19 the Cycling Studio Capacity is limited to 12 participants including the instructor.

Day: Sunday (ends 3/21)
Times: 11:00am-12:00pm (mask required)

Day: Monday
Times: 5:30-6:15pm (ends 3/22)

Day: Tuesday
Times: 5:15-6:00am
9:10-9:55am

Day: Thursday
Times: 5:15-6:00am
9:10-9:55am
5:30-6:30pm

Day: Friday (ends 3/26)
Time: 9:10-9:55 (mask required)

SENIOR CYCLE (ends week of 3/22)

Day: Monday, Wednesday & Thursday
Times: 10:05-10:40am

YOUTH CYCLE (5th-9th Graders)

Day: Tuesday
Times: 3:50-4:20pm

Youth Cycling is free for members and nonmembers

Demos are FREE to members and nonmembers