



Group Fitness Classes

High Tech Cycling Class

Thursdays

5:30-6:45 PM

10 Weeks Only!

February 4-April 8

Join instructors, Brenda and Cale, who will utilize a professional cycling training DVD designed to improve your cycling skills. Geared towards cyclists and triathletes but all will enjoy who are looking for a longer workout! Get ready to sweat and don't forget to bring plenty of fluids!



Carmichael Training Systems DVDs



Spinning® Rides DVDs



Robbie Ventura DVDs



Spinervals DVDs

**Rockwell
Collins**