

October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Spin Class 5-5:45 Cardio/Toning Class 5:30-6:15	3	4 Spin Class 5-5:45 Cardio/Toning Class 5:30-6:15	5	6	7 Spin/Toning 8a-9a
8	9 Spin Class 5-5:45 Cardio/Toning Class 5:30-6:15	10	11 Spin Class 5-5:45 Cardio/Toning Class 5:30-6:15	12	13	14 Spin/Toning 7:30-8:15
15	16 Spin Class 5-5:45 Cardio/Toning Class 5:30-6:15	17	18 Spin Class 5-5:45 Cardio/Toning Class 5:30-6:15	19	20	21 Spin/Toning 7:30-8:15
22	23 Spin Class 5-5:45 Cardio/Toning Class 5:30-6:15	24	25 Spin Class 5-5:45 Cardio/Toning Class 5:30-6:15	26	27	28 Spin/Toning 7:30-8:15
29	30 Spin Class 5-5:45 Cardio/Toning Class 5:30-6:15	31	11/1 Spin Class 5-5:45 Cardio/Toning Class 5:30-6:15	2	3	4 Spin/Toning 8a-9a

Class Cost: \$5 per 45 min – 1 hour classes
\$3 per 30 min class

Punch Cards: \$40 (10 45min/1 hr class and the 11th is free); (20 30min class and 1 free)

COME AND JOIN AT ANY TIME. WE ARE NOT CURRENTLY RUNNING CLASS SESSIONS. MESSAGE ON OUR FB PAGE AND WE WILL ANSWER ANY QUESTIONS YOU MAY HAVE.