

INDOOR CYCLING

with DON

Motivating instruction and driving music will keep you energized as you are led through a workout comprised of a variety of hill climbs, flat terrains, head winds, tail winds, sprints, and aerobic intervals. Each workout is different as the instructor picks the terrain and set the goals for each class.

This class is multi-level and no outdoor cycling experience is required. If you are serious about burning calories, losing weight and elite cardio-respiratory fitness, this class is for you. Bring a water bottle, towel and get bike seat cover (optional). *\$8 drop in fee (if bikes are available).*

CLASS#	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130130-00	RRC	16+	12/2-12/30	Tu	6-7pm	5	\$35/38.50
130130-00	RRC	16+	1/6-1/27	Tu	6-7pm	4	\$28/30.75
130130-10	RRC	16+	2/3-2/24	Tu	6-7pm	4	\$28/30.75
130130-20	RRC	16+	3/3-3/31	Tu	6-7pm	5	\$35/38.50
130130-30	RRC	16+	4/7-4/28	Tu	6-7pm	4	\$28/30.75



“SPIN” YOUR WAY INTO A HEALTHY LIFESTYLE!

Register online at: www.cityofcarrollton.com/signupnow