



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**REGISTER
NOW!**

REVOLUTION

Revolution is a 30 min cycling program tailor made for anyone who can ride a bike. Ride over hills, sprint in the flats, and do interval training. Come try this quick, convenient, fast paced small group class.

Classes available morning, afternoon & evening.



AM CLASSES:

MONDAY/WEDNESDAY
9:00AM-9:30AM

TUESDAY/THURSDAY
6:30AM-7:00AM

NOON CLASS:

MONDAY/WEDNESDAY
12:00PM-12:30PM

EVENING CLASS:

TUESDAY/THURSDAY
5:45PM-6:15PM

**REGISTER for May and June
together and SAVE \$25!**

May and June bundle: \$75

**Must register by May 1*

Single month: \$50

FREE Demo \$8 Drop in fee

REGISTRATION: contact Wellness Coordinator Jen jrosnau@superiorymca.org, 715-392-5611 EXT 115

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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