



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:

TUESDAY/THURSDAY

6:30AM-7:00AM

8:00AM-8:30AM

## NOON CLASS:

MONDAY/WEDNESDAY

12:00PM-12:30PM

## EVENING CLASSES:

TUESDAY/THURSDAY

5:30PM-6:00PM

6:15PM-6:45PM

**REGISTER for January and  
February together and SAVE \$20!**

**January and February bundle: \$100**

**\*Must register by Jan 1**

**Single month: \$60**

For more information on Registration contact Wellness Coordinator Jen: [jrosnau@superiorymca.org](mailto:jrosnau@superiorymca.org),  
715-392-5611

**SUPERIOR DOUGLAS COUNTY FAMILY YMCA**  
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