



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 CLASS:

TUESDAY/THURSDAY 8:00am-8:30am

NOVEMBER 6, 8, 13, 15, 20, 27, 29 \$70

*Max 4 participants 7 Classes due to Thanksgiving

NOON CLASS:

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

NOVEMBER 5, 7, 12, 14, 19, 21, 26, 28 \$80

*Max 4 participants

EVENING CLASS:

TUESDAY/THURSDAY 6:15pm-6:45pm

NOVEMBER 6, 8, 13, 15, 20, 27, 29 \$70

*Max 4 participants 7 Classes due to Thanksgiving

**Get out of your
comfort zone and
TRY SOMETHING
NEW!**

For more information contact Wellness Coordinator Jen: jrosnau@superiorymca.org, 715-392-5611

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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