



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 and evening.



MORNING CLASSES:

MONDAY/WEDNESDAY/FRIDAY
6:00am-6:30am

TUESDAY/THURSDAY
6:00am-6:30am

MONDAY/WEDNESDAY/FRIDAY
10:00am-10:30am

NOON CLASS:

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

EVENING CLASSES:

TUESDAY/THURSDAY
5:30pm-6:00pm

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

September and October

REGISTER for both months and SAVE!

2 Days a week Tu/Th
\$45 single month
\$60 Bundle*

*Must register by September 1

3 Days a week M/W/F
\$50 single month
\$65 Bundle*

*Must register by September 1

FREE Demo \$8 Drop in fee

REGISTRATION: Contact Health and Wellness Director
Jen jrosnau@superiorymca.org, 715-392-5611 EXT 115