

# Indoor Cycling Drop-in Schedule

## September - December 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CENTENNIAL COMMUNITY CENTRE • 65 EAST SIXTH AVENUE • 604.777.5100							
9:30 am	CYCLE FIT		CYCLE FIT		CYCLE FIT	CYCLE FIT	CYCLE FIT
10:30 am		CYCLE		CYCLE			
11:00 am						CYCLE	CYCLE *CYCLE PLUS
12:10 pm			CYCLE EXPRESS				
5:30 pm	CYCLE FIT	CYCLE	CYCLE FIT	CYCLE	CYCLE		
7:30 pm	CYCLE	CYCLE FIT	CYCLE	CYCLE FIT			

PLEASE NOTE: All classes are subject to change. For the latest updates, please visit [newwestcity.ca/rec](http://newwestcity.ca/rec).

### Indoor Cycling Drop-in Fees

Youth (13 - 18 years)	\$4.25
Adult (19 - 64 years)	\$6.25
Senior (65+ years)	\$4.50

#### Cycle

All levels. Combines intervals and drills to give you a great non-impact cardio workout. 55 minutes.

#### Cycle Express

All levels. A shortened session of Cycle over lunchtime. 45 minutes

#### Cycle Fit

An awesome total body workout! 35-40 minutes of indoor cycling plus 10-15 mins of body conditioning and core training using dumbbells and tubing.

#### \*Cycle Plus

Challenge yourself with longer hills, faster sprints and more intense drills! This 70-minute endurance class is offered on the last Sunday of each month.

SAVE UP TO 45% WITH

# ActivePASS

[newwestcity.ca/activepass](http://newwestcity.ca/activepass)

### Childminding Service (1 month - 5 years)

See shaded drop-in classes for availability or times below.

Available for parents participating in a program at Canada Games Pool or Centennial Community Centre. Your child will receive expert care, play with great toys and meet new friends. Children are not allowed in the gym during fitness classes.

Call for details: 604.777.5100

Monday - Friday	9:15 - 11:30 am & 5:00 - 7:00 pm
Saturday & Sunday	8:15 am - 12:00 pm
<b>Drop-in Fee:</b>	<b>\$5.00, \$40.00 for 10 hours</b>

### Reservation Information

- After 8:30 am on Sundays you can RESERVE a bike for any class in the next week
- Reservations are non-refundable
- Reservations require a pass or admission fee payment
- Pick up your reservation confirmation at least 5-minutes prior to class time or your reservation is released to waiting participants
- New participants should arrive 10 minutes early for bike set up and use assistance
- No class admittance once the class has started