

# Indoor Cycling Drop-in Schedule

July 3 - August 31

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CENTENNIAL COMMUNITY CENTRE • 65 EAST SIXTH AVENUE • 604.777.5100</b>							
9:30 am	CYCLE FIT		CYCLE FIT		CYCLE FIT	CYCLE FIT	CYCLE FIT
10:30 am		CYCLE		CYCLE			
11:00 am						CYCLE	CYCLE
5:30 pm	CYCLE	CYCLE	CYCLE FIT	CYCLE	CYCLE		
7:30 pm	CYCLE	CYCLE FIT	CYCLE	CYCLE FIT			

## Cycle

This 55-minute all-levels class combines a variety of indoor cycling intervals and drills to give you a great non-impact cardio workout.

## Cycle Fit

Combine 35-40 minutes of indoor cycling with 10-15 mins of body conditioning and core training exercises, using dumbbells and tubing, to get an awesome total body workout.

## Reservation Information

- After 8:30 am on Sundays you can RESERVE a bike for any class in the next week
- Reservations require a pass or admission fee payment
- Reservations are non-refundable
- No class admittance once the class has started
- 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

## Indoor Cycling Drop-in Fees

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

## 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. Info: 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>

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