

PRAIRIE LAKES FITNESS CENTER

CYCLING CLASS SCHEDULE • Session 1 • Fall 2017 • Ages 13+ • Min/Max 5/12

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00a				Cycling 45 min. Erica Cupuro 9/5-10/31			
9:00a	Cycling 45 min. Julie Adams 9/9-11/4		Cycling 45 min. Kathy Wasicki 9/19-10/31**				Cycling 45 min. Julie Adams 9/8-11/3
10:00a		Cycling & Tone 45 min. Julie Adams 9/11-10/30*				Cycling & Tone 45 min. Julie Adams 9/7-11/2	
6:00p							
6:30p		Cycling 45 min. Mary Beth Flanders 9/11-10/30*		Cycling 45 min. Kendra Kelly 9/5-10/31			

Session 1 classes are 9 weeks, except: *Mondays, 8 weeks, **Tuesdays, 6 weeks

- Registered participants for all cycling classes are guaranteed a bike in the class they are registered for.
- Make-up classes are permitted as long as space permits. No guaranteed bikes are held for make-up participants.
- There is a pay-at-the-door option as long as space permits. Cycling Class Daily Fee: R: \$9/NR: \$10
- Annual Fitness Center members receive 50% off all cycling classes. Monthly Fitness Center members receive 25% off.
- Present your membership card when you register and save! Discounts cannot be combined with any other offers.



Prairie Lakes Fitness Center
515 E. Thacker St. • Des Plaines
847-391-5711 • DPParks.org

