



HIGHLAND

PARKS & RECREATION... The FUN Theory!

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	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	5:30-6:25am	SPINNING^ II Joe		SPINNING^ II Joe		SPINNING^ II Yvonne		
	7:30-8:25am						Beginners SPINNING^ I Susie	
	8:00-8:45am			SPINNING II Josh				
	8:15-9:10am	SPINNING II Yvonne						
	10:00-10:55am							SPINNING^ II Susie
pm	5:30-6:25pm					New II SPINNING^ Craig		
	6:30-7:25pm				II SPINNING Yvonne			
	7:00-7:55pm		New II SPINNING^ Susie					
	8:00-8:55pm			II SPINNING^ Josh				

**REGISTRATION BEGINS:
FEBRUARY 27TH**

March 12th – May 20th

Please arrive to class 5-10min early to setup bike and to ensure your spot. Go on a fantastic voyage to motivating music. These classes are great for fat loss, cardiovascular conditioning and FUN! They allow the individual to choose their intensity and increase their fitness at their own pace, or if you already cycle outdoors, this is perfect for sports specific training!

CHILDCARE AVAILABLE!!
 Mon-Fri 8am-12pm
 Mon-Thurs 4:15-7:45pm
 Sat 8-11:30am
 \$2.50 per visit
 \$45 for a 20 visit punch pass
 \$125 UNLIMITED yearly use (1 Child)
 \$100 for each additional child

FEES:	30 Minutes	45 Minutes	55 Minutes	Chance Card	Drop-In Fee
MEMBER	\$20	\$30	\$35	\$45*	\$4*
NON-MEMBER	\$30	\$40	\$45	\$60*	\$6*

CLASS MINIMUMS:

Must have 6 registered 3 days prior to session start date or class may be cancelled.

CHANCE CARDS:

When a Chance Card is used for Spinning, two chances will be taken. There must be a minimum of two chance visits on a Chance Card in order to use it for Spinning.

CANCELLED CLASSES:

If class is cancelled due to weather or instructor, a make-up pass good for 2 months from cancelled class date will be issued. Make-up passes will be available at the front desk.

Multiple class discounts do not apply to SPINNING classes.

**No class on
Easter 4/8/12**



KEY:

I = **NOVICE**, Beginning riders
 II = **INTERMEDIATE**, All riders
 III = **EXPERT**, Advanced riders
 * Permitted if space available, 2 min. prior.
 Chance Card holders have priority.
 ^ No childcare available

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