

CARDIO CYCLE

High energy classes led by seasoned, motivated instructors who will help you power up the hills, speed through the sprints & sustain maximum endurance on the flats!

Participation is First Come, First Serve! Space is Limited!

All Cardio Cycle Classes are included in your membership!

**CHECK OUT OUR SUMMER CLASSES
OUTDOORS ON THE DECK!**

MONDAY 6:10 –7:10 PM ON THE DECK	TUESDAY 6:30-7:30 AM ON THE DECK	WEDNESDAY 7:45-8:45AM* 6:10-7:10 PM ON THE DECK	THURSDAY 6:30-7:30AM ON THE DECK	FRIDAY 7:45-8:45am* 9:00-9:50AM	SATURDAY 7:45-8:45 AM ON THE DECK
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Before class: sign-in at the host desk & pre-pay for class or show membership card. Obtain a bike from Pool Observation Deck & roll to hall outside Group Fitness Room.

DROP-IN FEES:

Pay at the IV Recreation Center Host desk

Non-Member \$12 per class
Non-Member/IV Pass Holder \$10 per class

10-CLASS PUNCH CARD:

Pre-paid drop-in punch card can be purchased the IV P&R Counter or Host Desk. Non-refundable.

Non-Member \$100
Non-Member/IV Pass Holder \$75

MONTHLY UNLIMITED:

Purchase at the Host Desk.

Must be used all in one month period.
Non-refundable or transferable.

Non-Member \$75
Non-Member/IV Pass Holder \$50



For more information on this program please contact Pandora Bahlman, Incline Village Parks and Recreation Manager, at (775)832-1350 or pandora_bahlman@ivgid.org
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www.inclinerecreation.com