

# INDOOR CYCLING WITH DON



We have brand new Keiser Spin Bikes! These bikes have the M Computer System which motivate and empower by accurately tracking and measuring: Workload (watts), Time, Distance and Cadence. Come and check them out!

Motivating instruction and driving music will keep you energized as you are led through a workout comprised of a variety of hill climbs, flat terrains, head winds, tail winds, sprints, and aerobic intervals. Each workout is different as the instructor picks the terrain and sets the goals for each class. This class is multi-level and no outdoor cycling experience is required. If you are serious about burning calories, losing weight and elite cardio-respiratory fitness, this class is for you. Bring a water bottle, towel and get bike seat cover (optional).

## TUESDAYS

130130-40	6/7-6/28	\$28/\$31
130130-50	7/5-7/26	\$28/\$31
130130-60	8/2-8/25	\$35/\$38.50

## THURSDAYS

130130-41	6/2-6/30	\$35/\$38.50
130130-51	7/7-7/28	\$28/\$31
130130-61	8/4-8/25	\$28/\$31

***Drop In for only \$8***

**Rosemeade Recreation Center**

1330 E. Rosemeade Pkwy

Register online at: [www.cityofcarrollton.com/signupnow](http://www.cityofcarrollton.com/signupnow)