

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday AM	Sun
			All Biking classes require a 2010 BNL Membership! Choose from any of the 4 offered Indoor biking classes and/or any of the 2 offered Core/Strength and Flexibility Classes		<u>Indoor Biking Class</u> Time: 9:00-9:55 am Cost: \$40/12 weeks Location: Nubodys @ Atlantic Place	
	<u>Core Strength and Flexibility</u> Time: 7:30 – 8:00 pm Cost: \$40/12 weeks Location: Nubodys @ Atlantic Place					
	<u>Indoor Biking Class</u> Time: 8:00-9:00 pm Cost: \$40/12 weeks Location: Nubodys @ Atlantic Place	<u>Indoor Biking Class</u> Time: 8:00–9:00 pm Cost: \$40/12 weeks Location: Nubodys @ Torbay Rd	<u>Indoor Biking Class</u> Time: 8:00-9:00 pm Cost: \$40/12 weeks Location: Nubodys @ Mount Pearl			
			<u>Core Strength and Flexibility</u> Time: 9:00 – 9:30 pm Cost: \$40/12 weeks Location: Nubodys @ Mount Pearl			

Classes will only go ahead if interest is warranted.

Pre-registration required due to multiple sites and multiple instructors (who cannot take your money) and registration is on a first-come first-serve basis. E-mail Christiane@nl.rogers.com if you have any questions.

ONLY signed waiver/forms and payment (cash or cheque only) made at registration time will get you a spot!!

Choose from any of the **4 offered Indoor Biking classes on Tuesday, Wednesday or Thursday night and Saturday morning.**

Once committed, a bike is waiting for you at that particular time/location. If, for some reason, you have to miss a class, you can try another of the 3 Indoor biking classes, with the understanding that regular members of that class have to be on their bikes first, before any open bikes can be taken. **Cost \$40/12 weeks**

Core Strength and Flexibility is essential for swimmers, bikers, skiers and runners alike. A strong core/muscles and at the same time flexibility will give an advantage in any sport. Add it to your regular Indoor Biking class to round out the full package.

Cost \$40/12 weeks