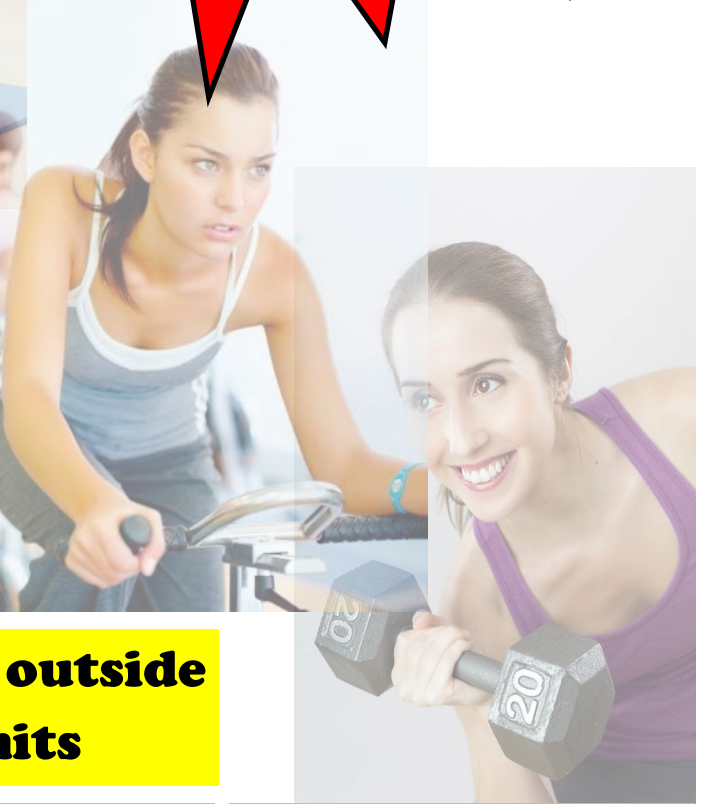




NEW
AEROBIC/FITNESS CLASSES BY:
JANENE KOSMAN
1st Class Always FREE



Most classes will be held outside when weather permits

TUESDAY 6:PM
Social Bike Club
(Meet @ the Doyle w/your bike. Loop around the Doyle)
The Goal is to add more miles each week.

Wednesday 6:AM
Wacky Walking
(Walking outside with short burst of strength training, balance and flexibility mixed in)

Thursday 6:AM
SPIN, STRENGTHEN, & STRETCH
(Yoga, Spin Cycle, & Upper Body)

Summer Shape UP

Attend 8 Aerobic or Fitness Classes in 15 days for your chance to win prizes in June/July. Stop at the Doyle front desk for more details.