

May Activity Schedule:



Group Biking on Trails with Fitness Staff~ And Outdoor Walking Club

*For the Group Biking Class you will **not** need to leave a \$10 deposit if using the Trek bikes.

***However**, if you use the bike outside of group on your own, the deposit and I.D. will apply.

*Biking on Trails:

~ *Tuesday and Thursday*

~ **12:00-1:00 pm**

***Meet at the fitness center**, for the class.

- We will be using the area trail!
- Contact Staff for info: 335-2081

*Outdoor Walking Club

~ *Monday and Wednesday*

~ **12:00-12:30 pm**

Meet at rest area bridge for trail Walk. This class will be held outside only. In case of inclement weather, no walking that day.

Sun	Mon Outdoor Walking Club	*Tue* Biking Class	Wed Outdoor Walking Club	*Thu* Biking Class	Fri	Sat
		1 Bike	2 Walk	3 Bike	4	5
6	7 Walk	8 Closed Health Fair	9 Walk	10 Bike	11	12
13	14 Walk	15 Bike	16 Walk	17 Bike	18	19
20	21 Walk	22 Bike	23 Walk	24 Closed Walk/	25 Closed Native	26
27	28 Memorial Day	29 Bike	30 Walk	31 Bike		