

## RPM (Cycling) Class Begins on Oct. 13th

RPM is a cycling workout that will deliver maximum results with minimum impact on your joints. Classes are geared to challenge the most intense rider, but will offer modifications to cater to all fitness levels.

Tune in to some great music and get your pedals spinning as you embark on a journey of hill climbs, race through sprints and recover on the flats. You control your own resistance levels and speed so you can build up your fitness level over time. Come expecting to sweat, torch calories and build strength!

- Cost:** \$4 per class or Fitness Pass \$30.00 for 10 classes  
**Location:** Tomah Middle School Fitness Center (please enter through gym doors off of Clark St.)  
**Must Park on Clark St. NO PARKING IN BUS LANE ON SIDE OF SCHOOL.**  
**Times:** Thursday Nights 6:00pm-6:45pm  
**Leader:** Shay Jilek

## INDOOR CYCLING CLASS

**Where:** Tomah Middle School Fitness Center (please enter through gym doors off of Clark St.)  
**Must Park on Clark St. NO PARKING IN BUS LANE ON SIDE OF SCHOOL.**

**Days & Times:** STARTING September 19th

**Classes run 45min-hour.**

*Class 1: Monday Mornings 5:30am*

*Class 2 Wednesday Mornings 5:30am*

*Class 3: Friday Mornings 5:30am*

**Cost:** \$4.00 per class or Fitness Pass \$30.00 for 10 classes  
*Old spin passes will be excepted.*

**Age:** 16 yrs. and older

**Registration:**

Participants will call Parks and Rec Office @374-7445 to get name on sign-up sheet or can sign up after class is finished for the next week's class. Sign up will only be taken one week in advance of the scheduled class. LIMIT TO FIRST 23 REGISTERED.

**FOR MORE INFORMATION CONTACT 374-7445**



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