



# 30/30 Bike & Build

With Amy Carney



Like cycling? Want to tone up?

Then this is THE class for you!

Bike & Weights: 30 minutes of cycling and 30 minutes of strength training!

## **TIMES:**

**MONDAYS & FRIDAYS  
12 P.M.**

## **LOCATION**

**AEROBIC ROOM**

## **FEE:**

**FREE FOR MEMBERS  
DAILY FEE FOR NON-MEMBERS**

**AGES: 16 & UP**

**2701 S. Blackman Rd. Springfield, MO 65809 | 417.891.1500**