

# CYCLING CLASSES

*in the NMPH Fitness Center*



**MON. WED. & FRI.**

**@ 6AM**

**TUE. @ 11AM**

*With Cara*



**FRIDAYS @ 12PM**

**FEB. 13 & 27**

**MAR. 6, 13 & 27**

*With Dr. Capawana*



For questions or more information  
208.843.2271 ext.2847