

CYCLING CLASSES

in the NMPH Fitness Center



**MON. WED. & FRI.
@ 6AM**

**TUES. @ 11AM
MAY 5 & 26**

With Cara



**FRIDAYS @ 12PM
MAY 1, 8, & 22**

With Dr. Capawana

For questions or more information
208.843.2271 ext.2847