

Cycling Classes



in the NMPH Fitness Center

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

TUES. @ 11AM

With Cara



DR. CAPAWANA IS TAKING A
BREAK FROM TEACHING CLASSES
IN AUGUST BUT WILL BE BACK IN
ACTION FOR SEPTEMBER!



FRIDAYS @ 12PM

SEPT. 4, 11, & 25

OCT. 9 & 23

With Dr. Capawana

For questions or more information
208.843.2271 ext.2847