

# 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