

FEB 5TH -  
MAR 12TH  
**Tuesdays**  
**at 7:00am**  
**or 1:00pm**

New year! New goals! This class is designed for women only! Get comfortable in the weight room and get an introduction to everything the weight room has to offer! This 6-week course will help you learn new exercises, how to use different equipment, and how weight training can improve your fitness program no matter what your goals are! Why weight? Sign up today!

# WHY WEIGHT?

Space is limited  
to five women  
per class!

Sign up today!



\$120/person

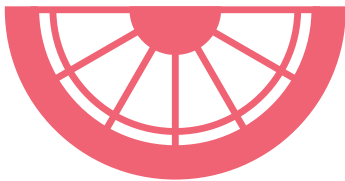
E-mail Alexis to sign up  
at [alexis.alger-feser@westernracquet.com](mailto:alexis.alger-feser@westernracquet.com)

# 2019 CYCLING THEME RIDES

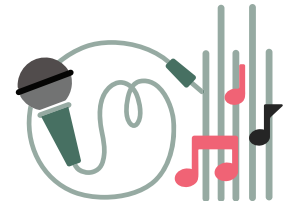
**Beginning January 6th, every first Sunday of the month will feature a Cycling Theme ride at 9:00am**



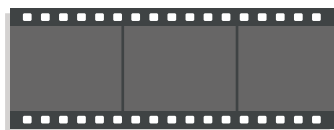
**January 6th**  
Hills  
with Brooke



**February 3rd**  
Mashup Your Mountains  
Remix Your Race  
with Amanda



**March 3rd**  
Queen with  
Becky W.



**April 7th**  
A Day at the  
Movies  
with Jane



**May 5th**  
Cinco De Mayo  
with Dan



**Sign up for bikes begins 30 minutes before class.**

# Aikido

at Western Racquet & Fitness Club

*Tuesdays & Thursdays*

*6:45 - 8:00pm*



**Try your first class free!**

*Ages 14+, all levels welcome  
No sign up required!*



**\$50/month**

**\$15/drop-in**

*Join Ed Morales, 2nd degree black belt (nidan), of the Green Bay Aikikai in Aikido practice every Tuesday & Thursday evening at Western. Aikido, the Way of Harmony, is a unique martial art. Aikido can be practiced by people of all ages and levels of physical fitness, as a recreational activity or as serious study. Benefits include discipline, concentration and increased physical fitness, with a focus on core building, movement, flexibility, and self-defense.*

*Contact Ed Morales at [moralesaikido@gmail.com](mailto:moralesaikido@gmail.com) or Carol Crawford at [carolvcrawford@gmail.com](mailto:carolvcrawford@gmail.com) with questions.*

*\*Please note that all payment is processed through the Green Bay Aikikai and not Western Racquet.*