

2019 CYCLING THEME RIDES

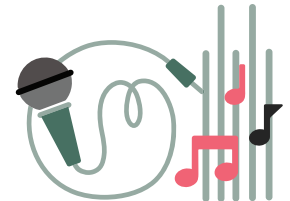
Beginning January 6th, every first Sunday of the month will feature a Cycling Theme ride at 9:00am



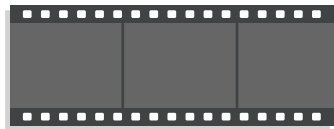
January 6th
Hills
with Brooke



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 or Carol Crawford at carolvcrawford@gmail.com with questions.

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