



A little love for  
the VAC cyclists!

Join us for Cycle Conditioning . . .

Tuesdays, 5:30—6:30 pm

Wednesdays, 12—12:50 pm

Thursdays, 5:30—6:30 pm

Fridays, 12—12:50 pm

. . . and WIN great VAC prizes!

January 31 Drawing for a 50 minute massage!

February 14 Drawing for a heart rate monitor!

March 15 Drawing for April membership dues free!

Each time you attend a Cycle Conditioning class, we'll drop your name  
in the hat for the above drawings, starting Friday, January 1!