

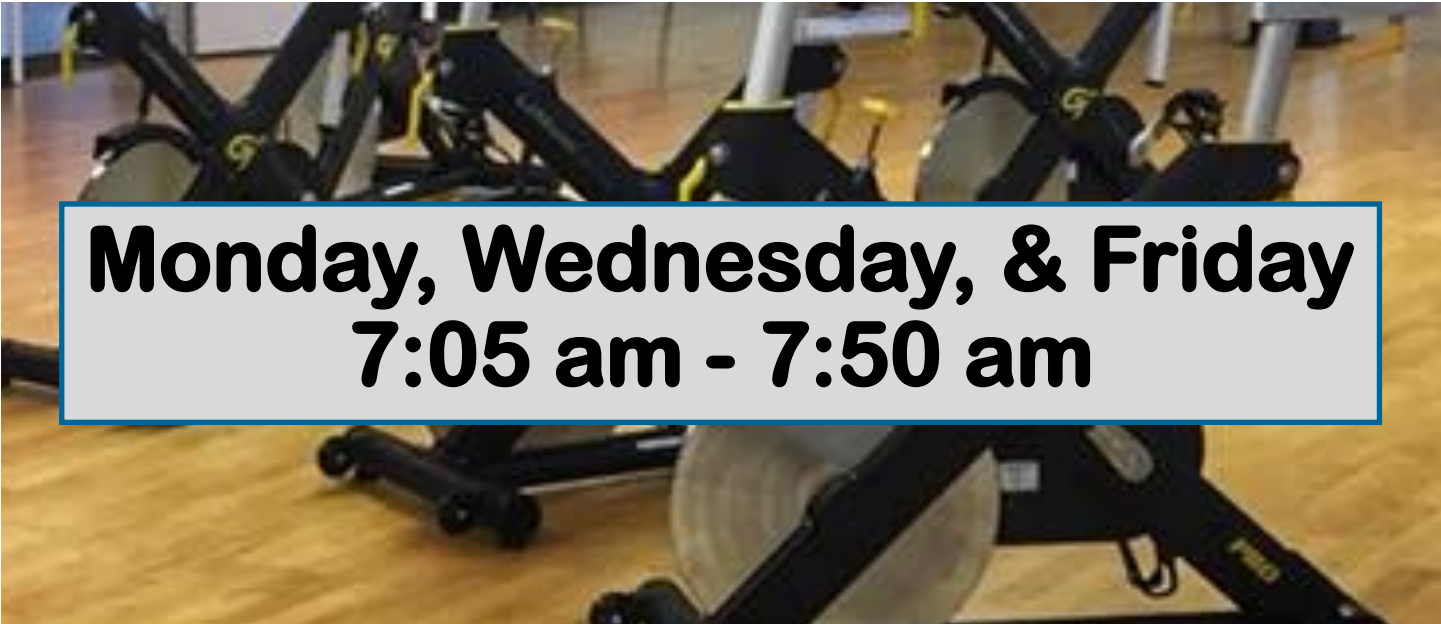


# **Cycling**

## **With Candy & Bill Corley**

Pedal the flat roads along the coast, climb the western North Carolina hills, and enjoy challenges such as sprints and drills on a specially designed stationary bike with weighted flywheel.

From beginner to athlete, focus is on endurance, strength, and interval training in a fun group setting.



**Monday, Wednesday, & Friday**  
**7:05 am - 7:50 am**

**Cost is only \$4.00 per class!**

**First class is half-off for new participants!**

**Bike availability is first come, first served basis.**

**Please contact the Recreation Center at  
(910) 458-2977 with questions!**



**Class fee is required for all Recreation Center members. Non-members are required to pay the daily guest fee plus the rate of the class.**