

**Bawnacre Centre**

**Aerobic Cycling**

Get Fit! Have Fun!

With the ultimate 45 minute workout!

Classes will only run if 6 or more enrol. You must be 16 years old or over to take part in any classes.

To ensure you get a bike, your place can be secured by completing the below form and returning to the Bawnacre Centre with full payment.

**We must receive payment before you take part in any class**

For further information please contact Bawnacre reception on 028 686 21177

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CONTACT NUMBER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Day | Starting Date/Duration | Time | Cost | Tick to enrol |
| Mon | 10TH Sept 2018 (6 weeks) | 9.15am | £20 |  |
| Tues | 11th Sept 2018 (6 weeks) | 7.00pm | £25 |  |
| Thurs | 13th Sept 2018 (6 weeks) | 7.30pm | £25 |  |