

WE'VE TAKEN THE  
INDOOR CYCLING BIKES OUTSIDE!

# O U T D O O R

## CYCLING CLASSES WITH A TWIST

- **Thursday, October 15 at 6 a.m.**  
by instructor CSM Banks

## "OVER/UNDER" INTERVAL CYCLING

- **Tuesdays, October 20 & 27 at 4:30 p.m.**  
by instructors Julio Capacetti, Terri Malavé & María Nuñez

Class fee \$3.00 (take advantage of the  
\*FREE DEMO classes on October 15th & 20th).

Cabaña Picnic Area, Bldg. 179  
Spaces are limited, please RSVP by calling  
the Sports & Fitness Center at 787-707-3767

A SAFE GROUP EXERCISE CLASS  
FOLLOWING THE GARRISON'S  
GUIDANCE ON SOCIAL DISTANCING,  
FACIAL COVERINGS AND SANITATION  
DURING THE COVID19 PANDEMIC.

