

# BIKE MS SPIN CLASS SCHEDULE

## New Orleans Area:

### Elmwood Fitness Center at 7 pm

7/15/2014  
 7/29/2014  
 8/12/2014  
 8/26/2014  
 9/9/2014  
 9/23/2014

### EJGH Wellness Center at 6:30 pm

7/24/2014  
 8/7/2014  
 8/21/2014  
 9/4/2014  
 9/18/2014



1200 S. Clearview Pkwy  
 Suite 1200  
 Harahan, LA 70123



3726 Houma Blvd.  
 Metairie, LA 70006

### The Parks Health & Fitness 6 am & 6 pm

7/31/2014  
 8/7/2014  
 8/14/2014  
 8/21/2014  
 8/28/2014  
 9/4/2014  
 9/11/2014  
 9/18/2014  
 9/25/2014  
 10/2/2014



111 Robert E Lee Blvd  
 New Orleans, LA 70124



Dat's How We Roll  
 Ride 2014

presented by



Your Medicare Health Team

## North Shore Area:

### Pelican Athletic Club at 6 pm

7/8/2014  
 7/15/2014  
 7/22/2014  
 7/29/2014  
 8/5/2014  
 8/12/2014  
 8/19/2014  
 8/26/2014  
 9/2/2014  
 9/9/2014  
 9/16/2014  
 9/23/2014  
 9/30/2014



1170 Meadowbrook Blvd.  
 Mandeville, LA 70471