

Women

Wanna Ride Bikes?

w / Anne Tremel

Sunday mornings 7:00 - 9:30 a.m., May 16 - August 29

For motivation & conversation join Anne Tremel for a Sunday ride.

Come when you can.

Speeds average from 14/15 mph with rides 25 to 30 miles long.

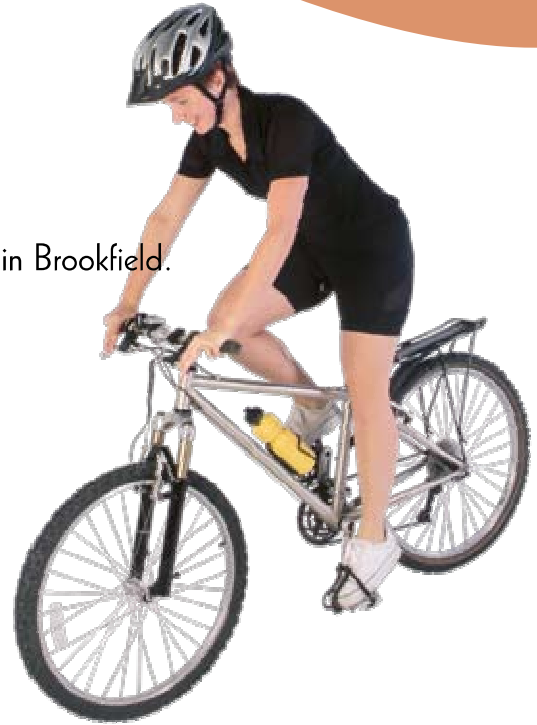
Rides start at the Sharon Lynne Wilson Performing Arts Center parking lot in Brookfield.

You will be contacted through email with weekly ride information.

All summer long weather and travel plans permitting.

\$25 members, \$50 non-members. Price is for the entire summer.

AnneTremel@EliteClubs.com or the Concierge



Xpress Fit

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Tues. & Thurs 2:00 p.m., Fridays 1:00 p.m.

Sessions start at the beginning of every month

You'd be amazed at how much can be done in 30 minutes! This is a resistance training routine with the attention of a personal trainer and the fun of a small group.

Reserve your space now.

You can come up to three times a week. Workouts change weekly.

Great for new members who don't want one-on-one training.

AnneTremel@EliteClubs.com

4 weeks, 12 sessions, \$99 members, \$119 non-members

13825 W. Burleigh Rd., Brookfield

Concierge 262-754-3467, Anne Tremel 262-754-3472