

# 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

**\* You will be required to sign-in at the front desk and fill out a waiver.**



1200 S. Clearview Pkwy  
Suite 1200  
Harahan, LA 70123

EJGH Wellness Center at 6:30 pm

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



3726 Houma Blvd.  
Metairie, LA 70006

## 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

**\* You will need to sign-in with the front desk and identify yourself as a Bike MS participant. You will then be required to sign-up for a specific spin bike. SPD clips are recommended.**



**Dat's How We Roll  
Ride 2014**

presented by

**PEOPLES HEALTH**

Your Medicare Health Team

