



**The Biggest
Bike Shop In
Cambray!**

**Keep fit this winter with C.O.R.E. certified instructors
Cyclops Power Bikes simulate the true ROAD Experience
ensuring your safety and maximum workout whatever your
expertise may be.**

Indoor Cycling Classes AT Spokes For Folks

2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	Class: 10:00 to 11:00 am Open rides 11:00 to 4:00 Class: 5:30 to 6:30 pm Open rides 6:30 to 9:00	Class: 10:00 to 11:00 am Closed at 12:00 to 4:30 Class: 5:30 to 6:30 pm Open rides 6:30 to 9:00	Class: 10:00 to 11:00 am Open rides 11:00 to 4:00 Class: 5:30 to 6:30 pm 7:00 Special Event	Class: 10:00 to 11:00 am Open rides 11:00 to 4:00 Class: 6:30 to 7:30 pm	Class: 10:00 to 11:00 am Open rides 11:00 to 4:00 Class: 6:30 to 7:30 pm Open rides 6:30 to 9:00	Class: 10:00 to 11:00 am Open rides 11:00 to 4:00 Class: 6:30 to 7:30 pm Open rides 6:30 to 9:00

**30 North Street Cambray
(north of the 4 corners) off Elm Tree Rd.**

705-374-4633

**spokesforfolks@amtelecom.net
www.spokesforfolks.com**

**Up to \$10.00 a class
Call for bike availability for scheduled
classes**

**Come visit us or call to learn
more about our classes**