

Programs Could Change Due to Covid-19 and Current Restrictions

Iron Horse & Cycling Training

Iron Horse Training is a comprehensive program for people planning to ride any of the Iron Horse Bicycle Classic events, as well as for those who want to improve their cycling abilities.

This proven training program includes four months of indoor cycling classes, road riding skills workshops and a comprehensive outdoor ride schedule for the months of April and May. Participants receive weekly emails with information on topics covered by the coaches in the cycling classes, such as the latest cycling tips and techniques, injury prevention, nutrition, recovery, strength training, group riding and more. It's all done in a fun and supportive atmosphere! The indoor training program begins December 7, 2020 and ends March 26, 2021. Besides indoor cycling classes, the program also includes yoga classes twice a week until May 28, 2021. Participants will then receive a training schedule of road rides for the months of April and May. Several road riding skills workshops and scheduled road rides are also included. For more information contact Caroline Eastburn at 828-231-9914 or carolineeastburn@gmail.com

Training Schedule				
Day	Time	Class	Price	Code
M/W/F	7 - 8 am	Spin	\$265 *	272025-11
T/Th	7 - 8 am	Yoga	* Recreation Center Pass Holders Receive a 10% Discount	
T/Th	12 - 1 pm	Spin		
Sa	8:30 am	Spin		



Racquetball Information

Get ready for an intense game of racquetball or a fun game of wallyball. Reserve a court for either game and our friendly staff will set up the wallyball nets at any time.

Racquetball Court Reservations

Reservations are \$2.00 at the time of making the reservation and can be made up to 48 hours in advance.

Save by purchasing a 10 Punch Pass for only \$12

Private Racquetball Instruction

If you want more personalized instruction, private lessons with Dena or Mike are available. For more information, or to schedule a lesson, please contact Dena Morrissey at 970-749-8955 or Mike Morales at 970-946-2962.

Due to Coronavirus restrictions, there are only 2 players per court allowed (no doubles).

FREE Clinics & Shuttle Play With Recreation Center Pass or Daily Entry	
Day	Wednesdays * Due to limited capacities in the center, please contact Mike Morales at 970-946-2962 prior to the clinic.
Time	6:00 – 7:00 pm
Instructors	Mike Morales, AMPRO/IPRO Certified Dena Morrissey, AMPRO/IPRO Certified

Instructional Clinics – All levels of play are welcome! Beginner? The clinics will show you the basics of racquetball and get you started. Been playing for a while? The clinics will give you new insights on how to improve your skills and your game.