



Group Fitness

Intro to Studio



Cycling



With the Real Ryder Bikes

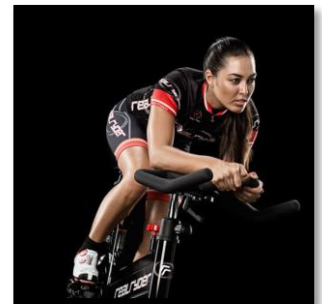
Tuesday Evenings

5:45 – 6:35 P.M.

Drop In---NO Fee or Sign Up Required

Learn how to adjust the bike to your preferences and then experience a brief, excellent joint-protecting cardiovascular workout.

January 8 = Intro to Studio Cycling
January 15 = Intro to Tabata Cycling
January 22 = Intro to Cycle Circuit
January 29 = Intro to Studio Cycling



Busy on Tuesday nights? Arrive to a regularly scheduled class 5-10 minutes early and the instructor can assist you. Stay and ride for as long as you wish.