



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEGIN TO SPIN

30-Minute Classes Designed to Help YOU Get Started

Spinning is a great cardio workout, but it can be intimidating to get started! Our certified instructors invite you to check out one of our Begin to Spin sessions this month! They will spend extra time helping with bike set up, comfort, and the basics of a ride before taking you through an abbreviated workout. No need to sign up, just show up – they will be here

SATURDAY, FEBRUARY 16TH
9:15-9:45AM

MONDAY, FEBRUARY 18TH
4:45-5:15PM

MONDAY, FEBRUARY 25TH
10:30-11:00AM

