



You'll be hooked!
Come experience one
of the best cardio
workouts around.

Cycle 101

May 13

9:30am-10:30am

Instructor: Katie Rahill

Members: \$0 / Non-Members: \$10

Don't let the fear of the unknown keep you from an awesome workout. Let us help you make your first experience of indoor cycle the best.

What you will learn:

- The basic format of an indoor cycle class
- The proper way to set up a bike
- Proper hand and foot positions for riding
- The importance of hydrating



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