



CYCLING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Come enjoy the ride. Whether you're training for a triathlon or riding for cardiovascular health, this class will get you there. Feel the energy from those that surround you as everyone endures the terrain. This class will get you to your destination.

Tuesday & Thursday 10:00 AM with Lisa

Monday, Wednesday & Friday 6:00 PM with Sylvia

