



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER



Cycling

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.

Monday 9:00 am with MJ

Tuesday & Thursday 9:00 am with Lisa

Monday, Tuesday & Thursday 6:15 pm with Sylvia

