

# CYCLING CLASS



**EVERY MON. WED.**

**& FRI.** No Class Friday, August 9

**6AM-7AM**

**NMPH FITNESS**

**CENTER**



**RIDE WITH US!**

**ELEVATE YOUR FITNESS WITH THIS DYNAMIC 45-MINUTE SPIN CLASS! RIDE TO THE BEAT OF ENERGIZING SONGS, LED BY CERTIFIED INSTRUCTOR, CARA. TAILOR YOUR RIDE WITH ADJUSTABLE BIKE RESISTANCE, PERFECT FOR ALL FITNESS LEVELS. ENHANCE CARDIO HEALTH THROUGH HIGH-INTENSITY INTERVALS! WHETHER YOU'RE A SPINNING PRO OR A NEWCOMER, THIS CLASS IS A FUN, HEART HEALTHY JOURNEY TO A STRONGER YOU. OUR 10 BIKES ARE FIRST COME, FIRST SERVE.**

For more info contact the fitness center at 208.843.2271 ext. 2847