

# CYCLING CLASS



**EVERY MON. WED.  
& FRI. 6AM-7AM**

**TUES. 11AM-12PM**

**NMPH FITNESS  
CENTER**

NO CLASS Dec. 24, 25 or 27



## **RIDE WITH US!**

ELEVATE YOUR FITNESS WITH THIS DYNAMIC 45-MINUTE CLASS! RIDE TO THE BEAT, LED BY CERTIFIED INSTRUCTOR, CARA. TAILOR YOUR RIDE WITH ADJUSTABLE RESISTANCE, PERFECT FOR ALL FITNESS LEVELS. SPINNING PRO OR NEWCOMER, THIS CLASS IS A FUN, HEART HEALTHY JOURNEY TO A STRONGER, HEALTHIER YOU! OUR 9 BIKES ARE FIRST COME, FIRST SERVE.

## **NEW CLASSES ADDED ON TUESDAYS!**

JOIN US TUESDAYS AT 11AM FOR A BACK-TO-BASICS CLASS! LEARN TO SET UP, HOW TO RIDE, RACE, POSITIONS FOR STANDING AND MORE! WE WILL HAVE R&B, HIP HOP, & OLDIES VIBES THROUGHTOUT DECEMBER. FOR THOSE WITH PRIOR CYCLING EXPERIENCE, YOU ARE MORE THAN WELCOME TO SHOW UP AND RIDE TO THE BEAT WITH US!

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