

INTRO to

GROUP



RIDE®



Tuesday, September 15th

7:30 – 8:10pm

&

Wednesday, September 16th

10:30 – 11:10am

Learn how to get the most out of this great workout.
You'll be shown how to adjust your bike for comfort and
how to "ride the rhythm" for results and fun!
Enjoy the experience of a Group Ride Express class!



Sign up for all Group Ride classes at the front desk up to 1 day in advance.