

GROUP EXERCISE WORKSHOPS

Class	Learn about...	Date	Time	Where
Bike fitting	How to adjust your bike for proper fitting for group cycle classes	Sat, Jan 14 Tues, Jan 24	9:30am 9am or 6:05pm	Studio D
Zumba class basics	Learn the basic moves	Sun, Jan 22	2-2:50pm	Studio AB
Kickboxing class basics	Learn the basic moves	Sun, Jan 29	2-2:50pm	Studio AB
Strength Training class basics	Learn the basics, including safety, form, exercises, & more	Sun, Feb 5	2-2:50pm	Studio AB

Free for Members

No registration required