



Time:
8:30 - 10:30 am

Location:
Cycling Studio

***Reminder:**
**This event will
replace the two
regularly
scheduled
cycling classes
on Sunday.**



SUNDAY, DECEMBER 22nd
8:30 – 10:30 AM

HOLIDAY SUPER SPIN!

**Join us for this special cycling event
with a triple play of instruction from
Kelly, Fred, and Mitch.**

There will be 2 sign ups sheets for 8:30 and 9:30 AM. You may sign up for just one hour or stay for both if you're up for the challenge. Every 20-minutes a new instructor will lead the pack for a fun 2-hour mix of heart pumping spinning!

Sign-up sheet will be available at the Service Desk the day of the event.
Hope to see you there!

www.healthplex.net

