



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## INDOOR CYCLE

**Session:** November 2<sup>nd</sup>- November 30<sup>th</sup>

**Days:** Monday & Wednesdays

**Time:** 5:30-6:30pm

**Instructor:** Stacey Salinas

**Fee:** FREE for Y members

Non Members can buy punch pass

\$30 (5 punches)

\$50 (10 Punches)

\*\* Space is limited, first come-first serve!  
(8 bikes available)

