

DISCOVER INDOOR CYCLING



INTRO TO INDOOR CYCLING CLASS WITH BRADY CHIPPEWA FALLS YMCA

New to the YMCA? Or always wanted to try an indoor cycling class and didn't know where to start? This class is for you! This is ONE-TIME introductory class to cover the basics of cycling so participants feel comfortable attending any of the cycling classes we offer at the Y! Time will be spent actually riding the bikes, so dress for a light workout! Participants will learn:

- Bike set-up
- Proper footwear
- Bike Metrics
- Common cycling drills used in most YMCA Classes

UPCOMING CLASSES:

- Tuesday, January 10, 5:30-6:30 PM
- Tuesday, January 31, 5:30-6:30 PM
- Tuesday, February 28, 5:30-6:30 PM
- Tuesday, March 14, 5:30-6:30 PM

Members: FREE | Non-Members: \$5
Located in the Cardio Studio.
Registration is required.

