

DISCOVER INDOOR CYCLING



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!

Beginning in October, Brady will hold a monthly intro class the first Tuesday of every month from 5:30-6:30 PM! Register for the month you would like to attend on our website or at the Member Service Desk.

Time will be spent actually riding the bikes, so dress for a light workout!

This class is geared towards beginners or those looking to get the most of their indoor cycling experience and will cover the following topics:

- Bike set up
- Proper footwear
- Bike metrics
- Common cycling drills used in most YMCA classes

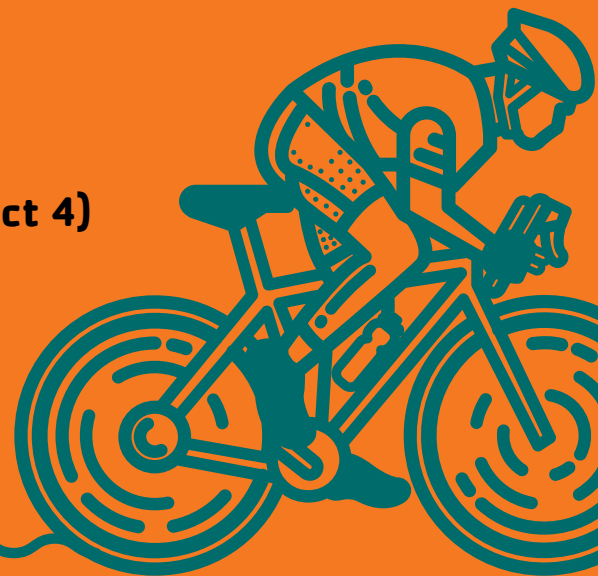
WHEN: First Tuesday of every month (Beginning Oct 4)

TIME: 5:30-6:30 PM

COST: Free to ALL Members!

LOCATION: Chippewa Falls YMCA - Cardio Studio

REGISTRATION REQUIRED | MIN 2 PARTICIPANTS



WWW.YMCA-CV.ORG/SPECIALTYFITNESS