



---

## **INDIVIDUAL INDOOR CYCLING FITNESS** **HEALTHY BODY, MIND & SPIRIT**

---

Our goal is to bring people from all fitness backgrounds to move and exercise in a safe and inclusive environment.

### **Why sit while you child is training?**

**Come to the front desk to sign up and pick up your bike seat for a 30-minutes individual spin. Benefits: to strengthen your muscles, build core stability, and improve cardiovascular health.**

### **Schedule: Check operating hours on month's calendar**

- **Start: Ongoing**
- **Time: Evening and weekends bookings**
- 7 days / week

### **Cost:**

\$5 per 30 min spin/indoor cycling session