



“Easy Rider” coming back Tuesday, Sept. 8th

A non-impact, indoor cycling class for beginners or active older adults. Learn correct bike set-up, form, hand positions, cadence and how to incorporate heart rate training for a more effective workout.

**Tuesdays and Thursdays
8:15 – 9:00 am**

**Instructors:
Amy Flakus and Judy Rezzatto**