

Can't zip-up your jeans?

Try Our Free Class:

INTRODUCTION TO STUDIO CYCLING



Learn how to adjust a bike, hand and body positions,
how to stay comfortable while cycling and more.
Participate in a short "spin". Cool down with a soothing stretch.
Enjoy great music in a fun group setting!

**Tuesday, February 7, 9:30-10:15 am or
Wednesday, February 8, 7:15-8:00 pm**

JCC Fitness Center - 2nd Floor - Cycling Studio
999 Wilnot Road, Scarsdale, NY

Instructor: Leslie Murray, murrayl@jccmw.org

**Call 472-3300 x356
to reserve your bike
or sign up at Check Point**