

YOUTH FITNESS!

CYCLE-CORE & STRETCH



A unique cycling experience tailored to youth participants!

Class will focus on:

- Improving endurance with cardiovascular conditioning.
- Utilizing fitness bands to lengthen and strengthen muscles
- Developing core strength with proper body alignment
- Class taught in a supportive and fun environment with energizing music.

WEDNESDAYS

4:30-5:15pm

Instructor Robin Ireland

Ages 12 & over

CLASS IS **FREE** TO KINGSBURY CLUB MEMBERS

Non-Member fee is \$120