



ADVANCED CYCLING

Get ready for spring and outdoor cycling with our **Advanced Cycling Class**. This class is for any adventurous person who enjoys riding their bike outside, and would like to stay in tip top cycling shape during the winter months. This class is 2 hours long and guarantees a fun, intense workout to motivating music.

**Classes are on Thursdays from 6pm – 8pm
Starting January 4, 2018**

3 months to a stronger, faster you!!

Union County Family YMCA * 1150 Charles Lane * Marysville, Ohio 40304
937-303-9285 * www.unioncountyyymca.org.

