



TAKE YOURSELF FURTHER

POWER CYCLING

**Make 2022 your year to become more
Fit, Faster and Stronger with Power Cycling!**

Enjoy a Fun, Intense workout to motivating music in an encouraging atmosphere.

This class will help you stay fit through winter, help you with healthy weight management and help get you to the next level for your outdoor cycling. Each 90 minute class will focus on a different specific workout including:

Intervals, Power, Hills, or Speed work.

**Classes are on Monday & Thursday 5:30pm – 7:00pm
Starting January 3, 2022 to March 31, 2022**

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

