

Beginning Cycling

Instructor—Allen Black

Get on the road to health and fitness on two wheels! Meet weekly to learn the basics of cycling and safety issues involved with this sport/exercise.



Apr. 1—May 6

Thurs.

1:30—2:30 pm

6 sessions— \$74

(includes bike rental)

*\$10 additional fee payable
to instructor for transportation of bikes
if class elects to meet at varying locations*



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