CYCLING GUEST WEEK

FEBRUARY
8TH - 14TH

♥ HEART HEALTH MONTH ♥

SHARE THE LOVE. STRENGTHEN THE HEART.
IN RECOGNITION OF HEART HEALTH MONTH, WE INVITE MEMBERS TO CELEBRATE CARDIOVASCULAR WELLNESS THROUGH MOVEMENT—AND CONNECTION.

Members may bring a guest at no cost to any cycling class. Cycling is an effective, low-impact way to strengthen the heart, improve cardiovascular endurance, and boost overall energy.