



An interactive cycling class with music that will make you want to sing and put your pedal to the metal!

Begins September 8

Created for people with special needs who have endless possibilities

Where: Choice Health & Fitness
in the Cycling Room

When: 4:30-5:00pm
Mondays & Wednesdays . Doors open 15
minutes prior to class

Who: Any participant, 14 years or
older, who can ride a bike independently.
Support staff is welcome to ensure a
smooth ride.

What to wear / bring: Tennis shoes,
t-shirt, shorts or athletic pants, and
a water bottle.

Call CHF the day of class to reserve a bike:
701-746-2790



Instructor: Karen Lauer
Masters in Special Education
Seasoned Cycling Instructor

For more information contact Tammy Koppang at CHF.

Must be a member of Choice Health & Fitness
Please contact Membership for
scholarship opportunities.

