



**AN INTERACTIVE CYCLING CLASS
WITH MUSIC THAT WILL MAKE YOU
WANT TO SING AND PUT YOUR
PEDAL TO THE METAL!**

Created for people with special needs who have endless possibilities

WHERE: Choice Health & Fitness in the Cycling Room

WHEN: 4:30 pm - 5:00 pm

**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.**

**FOR MORE INFORMATION CONTACT TAMMY KOPPANG
TKOPPANG@CHOICEHF.COM | 701.787.2790**

MUST BE A MEMBER OF CHOICE HEALTH & FITNESS

****SCHOLARSHIPS AVAILABLE!****

