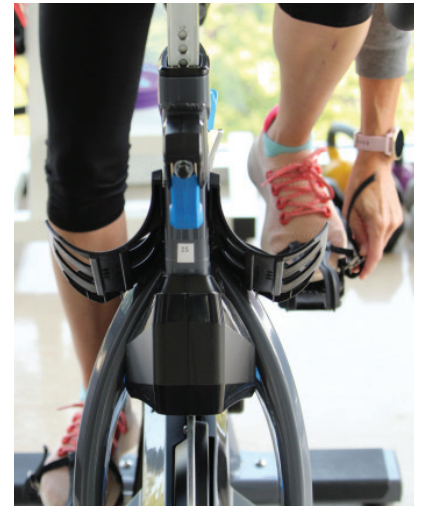


# INTRO TO CYCLING



**Saturday | 9:30 - 10:30 a.m**

- In this introduction to indoor cycling workshop, you will:
  - adjust the bike fit for your safest and most effective ride.
  - learn to use the bike's computer to track workouts for intensity and progress.
  - ride with the pack in a 30-minute cycling experience.
  - monitor and celebrate your success!
- Sign up online or at the front desk
- Instructor: Bob | Studio 3
- Members Free | Non-members \$15

FOR MORE INFORMATION: Contact Carla Zedicher | 402.413.4012 | [czedicher@madonna.org](mailto:czedicher@madonna.org)