

**SPINNING**



# Spin & Yoga



Join Theresa for an 8 week workshop combining the cardio benefits of spin class with the invigorating and restorative rewards of yoga. We will split our time evenly between the two for maximum gains from both activities.

This class is for all levels and abilities.

**April 5 - May 24**

**8 Weeks**

**Wednesdays**

**5:30 pm - 6:30 pm**

**\$50 Members (Including Spin Members)**

**\$60 Non Members**



Any questions, please contact Jennifer McNulty  
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