

YMCA TEEN CYCLING



An Indoor Cycling class geared for teens

Mondays 2:30-3:15pm



- **Join us right after school**
- **Learn the basics of indoor cycling**
- **Adapt class to your needs/all levels welcome**

FREE to MEMBERS!

(adults too)

**Ages 13 &
up**

Sonoma County Family YMCA 1111 College Ave Santa Rosa, CA 95404
707-545-9622 Fax: 707-544-7805 www.scfymca.org

The YMCA is a not-for-profit, community organization. Financial Assistance is available.

