

SUMMER CLUB OPPORTUNITY!

MAT SPIN

FRIDAYS FROM 4:30-5:00PM

@CYCLEDELIC

3505 CLEVELAND HEIGHTS BLVD



Benefits of Indoor Cycling:

1. Improved Strength, Flexibility, and Fitness!
2. Releases Endorphins which make you HAPPY!
3. Suits all Fitness Levels! Beginners Encouraged!

SUMMER CLASSES :
MAY 5TH - JULY 28TH

**RIDER REWARD PROGRAM!
EARN FREE STUFF!**

**1ST RIDE - TSHIRT!
3RD RIDE - HANDLEBAR COVERS!
6TH RIDE - HEART RATE MONITOR!
9TH RIDE - CYCLING SHOES!**



**FOR MORE INFORMATION CONTACT:
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