

TRANSFORM YOUR LIFE ON A STATIONARY BIKE!



...your journey awaits...

RPRD SPIN CLASS

Your ride will be as intense as you want it to be with the guidance of the certified spin instructor. Participants will go through climbs, jumps and racing speed intervals through cadence and resistance.

***Increase your endurance, tighten your body
and clear your mind!***

Don't miss this exhilarating "getaway"!

**Tuesdays &/OR Thursdays, 6:30pm – 7:30pm
October 18 – December 15 (No class 11/22-11/24)
Riverside-Brookfield High School Spin Room**

Fee: Tuesdays OR Thursdays - \$50/\$55 NON-RES
Tuesdays AND Thursdays) - \$85/\$90 NON-RES

Code No.: Tuesday Only #332187A
Thursday Only #332187B
Tuesday AND Thursday # 332187C



Visit www.riverside.il.us for details or call (708) 442-7025.