



LUNCH TIME SPIN CLASS

WITH WENDY

FITNESS CENTER @ ELM

A spin class utilizes the stationary bike in a high-intensity workout.

WEDNESDAY 2/15/23
12:00 PM

ONE TIME
COMPLIMENTARY
CLASS

A sign-up sheet will be in the fitness center

Please ensure that you have filled out a fitness center waiver liability form before participating

WHEN YOU FEEL LIKE STOPPING THINK ABOUT WHY YOU STARTED!