



NOONER

CYCLING WITH SANDY

TUES. 12:00PM-1:00PM



SNEAK IN A NOONER CYCLING CLASS WITH INSTRUCTOR SANDY!

Come for half an hour, 40 minutes, or the full hour long class.

Get your sweat on during the lunch break, be done by 1:00pm, and your boss will never know you were gone!

*For more information contact SAldern@msn.com.
All cycling classes are included in your RAC membership, no sign up required.*