

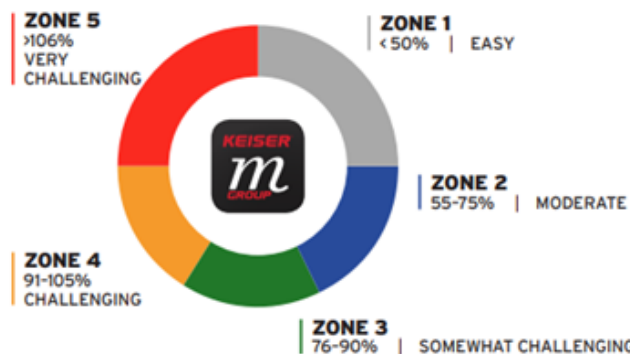


# RIDE TO THE TOP

Join us for a 10-week interactive cycling class utilizing our Bluetooth-enabled Keiser M3i indoor bikes with data projected onto the studio's TV!

Instructors transform classes into competitions that inspire participants with FTP (functional threshold power) testing, team training, participants rankings, & more!

**Classes are included in your membership, but registration is required.**



**SATURDAYS 8AM-9:15AM**

**DECEMBER 3RD-FEBRUARY 4TH**

**STATELINE FAMILY YMCA**

**IRONWORKS BRANCH**

**501 Third St. Beloit, WI**

[statelineymca.org/elevate](http://statelineymca.org/elevate)