

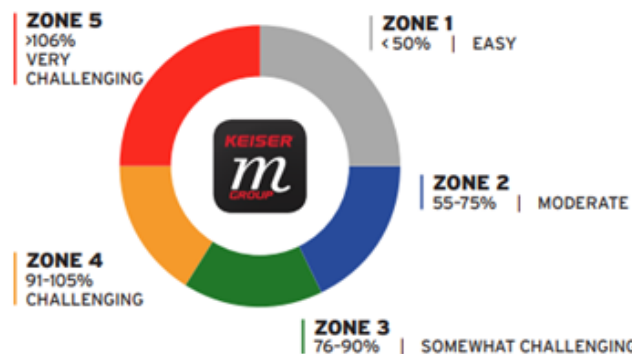


RIDE TO THE TOP

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 8:00AM-9:15AM

DECEMBER 2ND-FEBRUARY 24TH

STATELINE FAMILY YMCA

IRONWORKS BRANCH

501 Third St. Beloit, WI

statelineymca.org/elevate