

Group Fitness 101 Workshops

Learn about proper class set-up, technique and tips to be successful in the class!

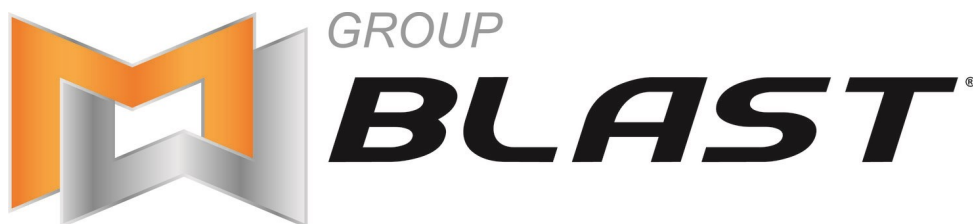
Free for members. No registration required.



Saturday, January 14, 10:30 am, South Spin Studio
(Great for Power Pedal too!)



Sunday, January 15, 2:30 pm, North Studio



Saturday, January 21, 10:45 am, South Studio