



5 X 10 X 15

COACH BY COLOR WORKSHOP

Cycle Challenge 2023

WITH PETE KAVALUS

Learn how to improve and optimize your cycle workout by rolling through the colors on your bike's screen. This unique "Coach by Color" challenge will take place on Sundays starting December 10 and ending February 25.

All levels are welcome!

12 WEEKS

DECEMBER 10 - FEBRUARY 25

FROM 10:30 - 11:30 AM

Register online at:

www.lakelandhillsymca.com

search under "wellness programs"

QUESTIONS? CONTACT DARLENE KIEVIT AT
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FREE T-SHIRT

FEE:
\$65 MEMBERS
\$85 NON
MEMBERS