



Seated Pedaling Starting January 6, 2020



Seated Pedaling - Beginner - Monday's
9:15 - 9:45 am in Centre 1
Cost: \$11.00 (11 weeks)

Seated Pedaling - Advanced - Friday's
11:15 to 11:45 am in Centre 2
Cost: \$12.00 (12 weeks)

Low impact and fun! Spend a half hour spinning your way to good health. This program strengthens your legs, hips, shoulders and back and improves coordination and circulation.

Register at the front desk (membership required)

Stay Active

1901 Weston Rd. Weston M9N 3P5

Be Fit

416.245.4395

Live Well

www.ywalc.ca

Funded by: