

U.S. Coast Guard

123 for 123 Cycling Class

3 full
hours!!!



- Get ready for an awesome workout!
- Class length is 3 hours.
- Challenge your endurance!
- Burn off your holiday calories and start the New Year healthy!
- Inspirational music in a non-competitive environment creates a fun, effective experience for all fitness levels.
- **Required items for class: water bottle, towel**
- Recommended items for class: cycling shorts or gel seat, heart rate monitor

When: Tuesday 23 January (1-23-07) from 1100-1400

Where: ISC Gym, 2nd deck

Sign Up: Available on a first come first served basis. To secure a space for class, please show up NLT 1045 on class day.