

Indoor Cycling- Pedal Pump

FREE

INDOOR CYCLING PROGRAM FOR

KIDS 11-17 YEARS & THEIR PARENTS!!

**NEW BIKES, LIGHTS
& FUN VIDEO RIDES!**

VIDEO CLASSES MONDAYS and WEDNESDAYS
ON THE HOUR 3PM, 4PM, 5PM, 6PM



GREAT ACTIVITY FOR GIRL SCOUTS, BOYSCOUTS, CHURCH YOUTH GROUPS, SPORT'S TEAMS IN NEED OF CONDITIONING, ETC! CALL MARIANNE TO SET UP A SPECIAL TIME FOR YOUR GROUP.

This Program provided by a grant received thru The Highmark Foundation.

*Must bring a cloth towel and bottled water or water bottle to participate in the classes.

1. Parent must be present to complete health history. *A physician release may be required.
2. A special program card will be issued and will be required to enter the facility per visit.
3. Physical Fitness Assessment appointment must be completed before starting. Call to schedule an appointment .
4. Videos will be provided at the Front Desk. A signature is required to receive/return video.
1. Riders agree to abide by all policies and procedures (provided during initial sign up)

**The
Aerobic
Center**
Lynch Field ★ Greensburg, PA

‘WE CATER TO FIRST TIME EXERCISERS’

526 New Alexandria Road Greensburg, PA 15601 724-834-2153 Fax: 724-834-2977 www.aerobiccenter.org