

KidSpin-Youth Indoor Cycling Classes:



Northwest

WORKOUTS 

Group Exercise Classes

425.941.8801

Instructor: NW Workouts team

FOR AGES 10-14

Ramp up heart, lung & leg strength with this youth version of the traditional adult spin class! Kids will learn how to ride an indoor spin bike during this 6 weeks session of a super fun cardio blast conditioning class!! Exercise with friends to your favorite music! (*bring a towel & plenty of water*).

Code NWW01 Session 1: March 6-April 17, 2012

Code NWW02 Session 2: April 24-May 29, 2012

Time/Place: TUESDAYS from 5:30-6:15PM at NW Workouts studio

(112 N Main Street, Ridgefield 98642)

Fee: \$48 (maximum of 8 students in each class)

www.lacenterschools.org

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