## Indoor Cycling Demos

New to cycling? Or do you just want to improve your ride? Cycling demos are designed for beginners and intermediate riders.

## You'll learn:

How to properly set up your bike Proper positionings Appropriate RPM and cadences Heart Rate Styles of classes

## How much? FREE!

When: Choose a time that is best for you!

January 20th: 10am and 12:15pm

January 22nd: 3:15pm January 23rd: 10:00am January 24th: 3:00pm

Sessions are first come first serve. Sign ups are located online at https://flsouthern.edu.wufoo.com/forms/cycling-demos-registration/Or visit the Front Desk of the HWC for an information sheet.

Contact Michele Cashmcash@flsouthern.edu for questions

