



# INTRO TO CYCLE:

## BEGINNER BASICS

**WITH BOB**

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WEDNESDAY  
APRIL 12TH

**12:00 - 12:45AM**

.....  
**THIS 30 MINUTE CLASS WILL COVER:**

- Bike fit
- What to wear
- How to use the bike
- What to expect from a class
- How to maximize each class regardless of your fitness level
- Includes a casual beginning ride

Interested in joining one of our cycle classes but aren't sure where to start? Maybe you have questions and don't know who to ask? Worried you're not fit enough to do it? Perhaps you're even wondering what to wear?

If any of the above is keeping you from a class, we are here to change that!

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If you have any questions or would like more info please contact Group Exercise Director Lisa Fuller.

707.521.2443 | [lisaf@airportclub.com](mailto:lisaf@airportclub.com)