



THANKSGIVING

GRATITUDE RIDE

WITH CATHERINE DUBAY

MONDAY

NOVEMBER 25

9:00 - 9:45AM

Enjoy an uplifting and energizing experience ride! Designed to celebrate everything we are thankful for. Set in a supportive, low-lit studio with gratitude themed playlist, this class blends high intensity cycling with mindful moments of reflection. The class encourages participants to focus on what they are grateful for. Foster a sense of inner peace while challenging your physical endurance. This class will leave you feeling empowered and ready for Thanksgiving.

NO SIGN UP NECESSARY.

