



**SARATOGA REGIONAL YMCA**  
Where Charity Meets Opportunity

# Teen Cycle!

With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You'll spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

Now at the Malta YMCA



Thursdays 6:30pm

Ages 13-18 Welcome!



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