



CROZER-KEYSTONE
HEALTHPLEX®
SPORTS CLUB

BeatBoss Cycling

Time:
4:30 pm

Location:
Cycling Studio

***Sign up 30-
minutes prior to
start of class at
the Front
Service Desk**



**FRIDAY, JUNE 21st
AT 4:30 PM**

JOIN US FOR THIS POP-UP DEMO CLASS!

Join us this Friday, June 21 at 4:30 p.m. for a preview of the newest Healthplex cycling format “BeatBoss”. This demo class will be 45 minutes.

BeatBoss is a rhythm-based cycling class combining aspects of road biking, BMX biking and mountain biking....think studio style cycling (\$\$\$\$) without the extra costs! Kick butt beats, full body movement, lots of hard work, killer sweat and of course....lots of cycling fun! You won't want class to end!

***Beat Boss Cycle 30** - this class will be a regular feature on the Healthplex Group Fitness Schedule for July. Mondays at 8:30 a.m. beginning July 1st.
Class is 30 minutes.

 **BeatBoss**
INDOOR BIKING

SIDE EFFECTS MAY
INCLUDE:
SWEATING,
EUPHORIA,
GENERAL
AWESOMENESS