

INDOOR CYCLING 5K

FRIDAY, AUGUST 9 | 7AM

Short Fitness Center Spin Room

FREE! Sign-up at Short Fitness Center

Prizes for Top 5K Male and Female Finishers (2 Prizes Total)

BRING:

Water bottle; Stay hydrated
Indoor cycling fitness towels

WEAR:

Appropriate fitness/PT attire
Cloesd-toe shoes/sneakers



For More Info Call

828-4496

macdillfss.com

