

THE WHOLE U PRESENTS A

FREE CYCLING WORKOUT @ FLYWHEEL SPORTS



Sunday, May 3, 2015

Flywheel Bellevue	12–12:45 p.m.
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Flywheel South Lake Union	2–2:45 p.m.
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Flywheel is a high intensity cardio workout in a welcoming, energetic, and fun environment.

It's different from your average spin class because riders have the option of being displayed on TorqBoards, large flat-screens at the front of the studio that display class leaders and performance data. If competition gets you moving, this is the workout for you!

Classes are meant for everyone from first-time riders to advanced cyclists. Wear workout clothes and bring a towel and water bottle.

Flywheel is part of our Fitness Network and offers a discount on all classes for UW faculty and staff.

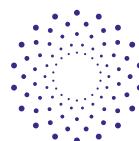
THE CLASS IS FREE BUT
REGISTRATION IS REQUIRED:

Bellevue

bit.ly/UWFlywheelBellvue

South Lake Union

bit.ly/UWFlywheelSLU



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