



TRY INDOOR CYCLE

In the Total Health and Wellness Center
At the Newark Ohlone Center

30-minute Sample Classes

*Try one or several!
FREE for students of Ohlone College.*

Space is limited. First come, first served.
No experience necessary.

Monday, April 7: 9:00– 9:30am
Wednesday, April 9: 12–12:30 pm

Monday, April 14: 12–12:30 pm
Tuesday, April 15: 7:30–8:00 am

Monday, April 21: 6:30–7:00 pm
Thursday, April 24: 12:30–1:00 pm

Tuesday, April 29: 7:30–8:00 am
Thursday, May 1: 9:00–9:30 am

Monday, May 5: 12–12:30 pm
Wednesday, May 7: 9:00–9:30 am

*Please arrive 5 minutes early for
proper bike fit.*



It's a great cardio workout!

*Come see why folks are
becoming addicted to
Indoor Cycling.*

www.ohlone.edu/go/wellness

For additional information, contact Robin Kurotori
At 510.742.2350 or email rkurotori@ohlone.edu

Ohlone College Newark Center
39399 Cherry Street in Newark