

Schwinn® Indoor Cycling Re-Launch 28th September

Schwinn Indoor Cycling can lead to:

- **Improvements in fitness levels**
- **Weight Loss**
- **Increase in leg strength**
- **Improved leg tone**
- **Increased co-ordination**

Schwinn Cycling is:

- **Easy to learn**
- **Motivational**
- **Fun**
- **Beneficial for your health**
- **Low impact**

Join the instructor on high-tech bikes, where the resistance simulates varying terrain.

There are classes targeted to varying fitness levels, but you are always in control of your own resistance.

Come and feel what a fun, motivating and beneficial fitness class feels like, come and **join the ride**.

For more information please speak to Craig Worley
(fitness manager, cycling instructor) or email fitness@lstc.org.uk