

Have you been nervous about taking a class but feel intimidated?

# FITNESS 101:

## Spinning 101

Mondays 1:00–1:45PM  
w/ Patti

Saturdays 9:15–10:15AM  
w/Candi

## Yoga 101

Tuesdays 12:00–12:55PM  
w/ Val

## Weight Training 101

Thursdays 12:00–12:55PM  
w/Val Y

**MAG**  
Mt. Kisco Athletic  
Club

