

INDOOR CYCLING CLASSES

50 minute cycling classes with light weights



over 35 bikes/classes/week
9 instructors, 3 class formats

AND METCON30/30 AND STRONGFIT AND KIDWATCH

30 minutes ON THE BIKE
(no weights) coupled with 30
minutes OFF THE BIKE with
repeated, high intensity
weight lifting movements.

45 minute full body
workout using a mix-
ture of weights and
equipment to condition
your muscles.

toddlers and up



FCPS EMPLOYEES TAKE 10% OFF
all purchases of an individual class, a class
pack or the Unlimited package

Visit our website for pricing at

cyclefitfrederick.com

240-815-5319



1341 Hughes Ford Rd, #111
Frederick, MD 21701