

Cayuga Coaching

BIKE STRENGTH & EFFICIENCY



8 Week - Cycle Series

Free Demo Class January 5th

Saturdays 11:00-12:30pm (3rd Floor)

Class Meets Jan 5 - Feb 23

MEMBER: \$99

NON-MEMBER: \$120

For more information contact Cayuga Coaching Program Coordinators

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A Collaborative Partner of Cayuga Medical Center

