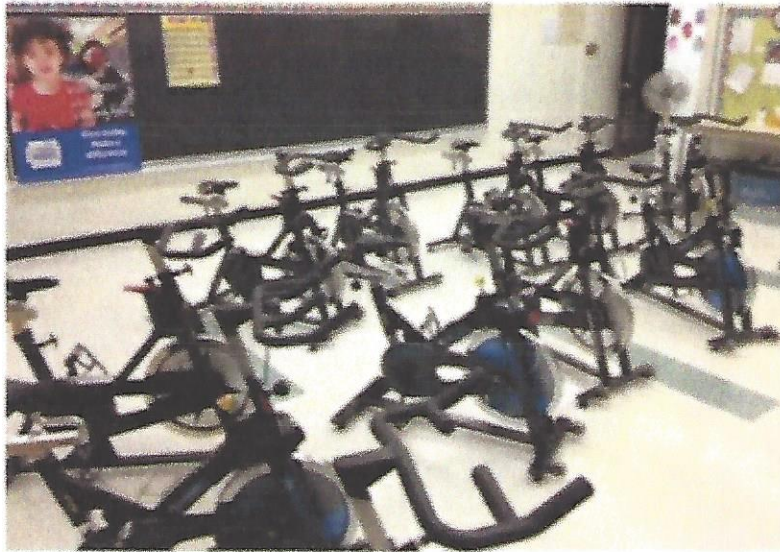




Parrsboro Cyclefit

Put yourself first this New Year! Build confidence, gain energy and feel stronger. This dynamic indoor group cycling class, suitable for all fitness levels, will challenge your stamina and leave you begging for more.



Start where you are, use what you have, do what you can.

When: Monday and Wednesday from 6:15 – 7:00pm

Where: Parrsboro Elementary School

Cost: \$8.00 per class – Senior / Student: \$5.00 per class

***Classes will commence on Wednesday, January 2, 2019**

Please note: To participate in Cyclefit, you are required to sign up in advance of class start time by calling (902) 667-9112. You may sign up as early as 5pm the day prior to the class you wish to attend.

Building healthy communities