



SEMPER FIT CENTER **CYCLE SWEAT STUDIO**



MCAS
SEMPER FIT

CYCLE CLASSES

TUESDAY & THURSDAY 11:00-11:30AM

Unit Cycle PT classes are available. A 72-hour notice and a 15-person minimum is required. To schedule a class, call

(858) 307-4669.

Thank you!

ATTENTION PATRONS:

Do not remove the bikes and/or the mats.

Thank you - Semper Fit Staff