

The logo for ICG Connect features a stylized circular icon on the left, composed of three interlocking, curved shapes in white and grey. To the right of the icon, the text "ICG" is in a large, bold, white sans-serif font, followed by a registered trademark symbol (®). To the right of "ICG", the word "CONNECT" is in a smaller, bold, white sans-serif font. The entire logo is set against a black background.

Total: 41:28

Target

2
65 %

68 RPM
Seated Climb

Next in 01:28

3
83 %

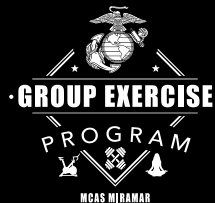
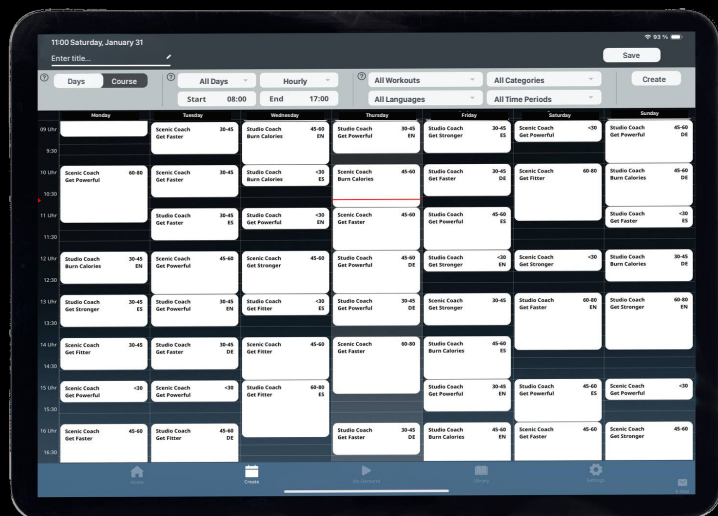
68 RPM
Standing Climb



- A variety of workouts including terrain-focused rides and scenic series
- Designed for all fitness levels
- Classes on Monday and Wednesday from 11:00 AM & 12:00PM
- Each session lasts 30 minutes

Eligible patrons must check in at the front desk. A staff member will direct you to the Spin Studio and assist with setup if needed.

Classes begin promptly, so please arrive on time.
For more information, contact the Semper Fit Center
at: 858-307-4654



MCSCS
SEMPER FIT

No federal endorsement implied.