



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RIDING FOR CARDIO POWER

X-Bike X-BIKE STUDIO ON LOWER LEVEL

X-Bike is the innovative way to keep exercised and fit. Using the X-Bike is simply the best way to capture the outdoor spirit indoors. By using a unique articulated handlebar system with adjustable resistance and freewheel crank, the X-Bike allows you to get an awesome full body workout on an indoor bike.

- Classes are 30 minutes long (early am classes are longer)
- Bring water to stay hydrated
- Per manufacturer, maximum weight capacity for bikes is 250lbs.

WHEN: M/F M/W/F TUE/WED

TIME: 5:35am 12:15pm 5:30Pm

LOCATION: YMCA
1346 S. Main Street
Burlington, NC 27215
336.395.9622
acymca.org

