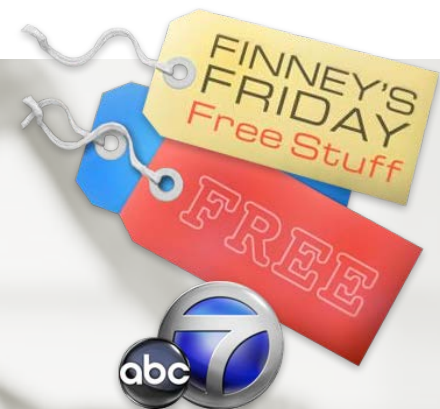


Beyond Studio

Cycling

Join experienced instructors for great high-intensity, non-weight bearing workouts that are safe on the joints and provide ideal cardio-respiratory and cardiovascular training for athletes of all ages and fitness levels. Beginners can enjoy the same class as elite cyclists. Experience a one-hour cycle class that will leave you feeling like the best workout ever!

★ www.menloswim.com ★



1

FREE MONTH

(an \$79 value)
Offer expires:
April 30, 2015
Offer valid to
new members

Menlo Swim and Sport • 501 Laurel Street • Menlo Park, CA 94025 • Service Center: 650-330-2232