



BIKE & TONE

Love indoor cycling?

Enjoy lifting weights?

Bike & Tone will be the perfect class for you. Join in to get an amazing workout that covers all aspects of fitness from cardiovascular health to strength training while never stepping off your bike.

Wednesday – 4:15 p.m.

Thursday – 4:30 p.m.

Aerobics Room

Class is free to members.
Non-members pay daily fee.



2701 S Blackman Road
Springfield, MO 65809
Phone: 417-891-1500

