



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PUSH YOUR LIMITS

Y-Cycle Fitness Club WALDO COUNTY YMCA

The Y-Cycle Fitness Club is an opportunity to set a challenging goal for yourself. Do you believe you have the ability and skills to needed to pedal 500, 750, 1000 or more miles?

Each time you participate in an indoor Y-Cycling class, record your recorded bike computed mileage on the provided log kept in a binder in the Wellness Room closet.

Join us in fall 2020 for the latest to this club.

