

INDOOR CYCLING

Instructor: Dr. María J. Alvarez
(Licensed Psychologist, PSY21594)



Indoor Cycling Class Schedule

Tuesday	6:15 am	45 minute class
Thursday	6:15 am	45 minute class
Saturday	7:00 am	75 minute class

@ 134 Cloverdale Blvd Cloverdale CA
(above Antiques & Uniques)

\$5 per class (pay as you go)

\$50 paid in advance: 12 classes in 30 Days (12 classes for the price of 10)
For the discounted rate you must use the classes within a 30 days

Please bring a WATER BOTTLE & a TOWEL!

This class is appropriate for all fitness levels—beginners to advanced!
Email drmaria707@gmail.com with any questions.