

NEOMED & Sequoia Wellness
Presents

PEDAL WITH THE PRESIDENT

Join Dr. Gershen for a fun-filled
indoor cycling class! All
experience levels welcome.

SEQUOIA
wellness

Tuesday, March 5th
12:00 pm - 1:00 pm
Sequoia Wellness
Cycling Studio 1

Advanced registration is
required, as space is
limited. Sign-Up is at the
Member Services Desk.

A cycling class delivering
cardio challenges with hill
climbs, jumps, and flats at
varying speeds and resistance
for all participant levels.

Shredded
Sequoia
20 points

