



HAVE YOU HEARD THE GOOD NEWS?

THE CARDIO PARTY HAS STARTED AT

SOULCYCLE

WOODBURY

8285 JERICHO TURNPIKE . 516.833.1500

SOULCYCLE IS INDOOR CYCLING REINVENTED. 45 MINUTES IS ALL IT TAKES TO TRANSFORM THE WAY YOU LOOK AND FEEL. WITH HAND WEIGHTS TO STRENGTHEN YOUR ARMS, MOVES TO TONE YOUR CORE AND MOTIVATING MUSIC TO INSPIRE YOU, SOULCYCLE IS A ONE-OF-A-KIND FULL-BODY WORKOUT.

**TO SIGN-UP FOR A COMPLIMENTARY PRIVATE RIDE
ON WEDNESDAY 10/15 AT 5:30PM**

E-MAIL CAROLE AT CGRAVENESE@STERLINGRISK.COM

NEW TO SOUL?

CLICK HERE TO CREATE AN ACCOUNT

WWW.SOUL-CYCLE.COM