

Liv / giant

+

BRANDS
CYCLE & FITNESS

Presents:

Liv/giant Women's Fit, Form & Function Clinic

Tuesday, April 29th
7:00pm-9:00pm

- Learn about proper bike fit, ideal riding posture, and how to pick out the best bike for your riding style and ability.
- Discover post-ride stretches that will help relieve tension and soreness in muscle groups that tend to get overused by cycling.
- Explore strengthening exercises that will build arm and abdominal strength essential to being a stronger and more efficient rider.
- Free refreshments provided and give-aways!

~1966 Wantagh Avenue, Wantagh, NY 11793~