



# END OF YEAR

# ride

**DECEMBER 31 · FLEET GYM SPIN STUDIO · 11:30 A.M.**

**End 2025 with energy, sweat and motivation!**

Join us for a high-intensity spin session designed to burn calories, boost endurance, and set the tone for your 2026 fitness journey. Our yoga instructor will host a special cool down yoga session at the end of the ride.

**REGISTER AT THE FITNESS OFFICE FROM DEC. 3 - 30**