

Canaan Baptist Cycle Classes For Beginners

Every Wednesday

7:30PM – Cycle Class - \$7.00 per person

Every Thursday

7:15PM – Combined Cycle/Bodywork - \$5.00 per person

Every Saturday

11:00AM – Cycle Class - \$7.00 per person

Due to the limited number of bikes, you must reserve 1-week in advance

Ages 18 & up are welcome

Certified Instructors are ready to SPIN with YOU!!!!

If you like to leave a message

Please call 267-270-4560

Rev. Dr. Derrick Brennan, Senior Pastor

5430 PULASKI AVE.

PHILADELPHIA, PA. 19144