



A man and a woman are shown from the waist up, riding spin bikes in a gym. The woman is on the left, wearing a black sports bra and leggings, looking forward. The man is on the right, wearing a grey t-shirt, looking towards the camera with a slight smile. The background is blurred, showing other gym equipment and people.

# **COUPLES POWER SPIN CLASS**

Sunday, May 18 | Fitness Center

**FITNESS IS BETTER TOGETHER**

Grab your partner and turn up the energy in this  
dynamic spin class designed for two.

Build strength, boost cardio, and have fun pushing each other to the finish line!

*Limited spots—reserve your bikes today!*  
**RSVP required | Mobile App or [lakewoodranchgolf.com](http://lakewoodranchgolf.com)**