



Karaoke Cycle

10:00 Saturday, March 20th

PARKWAY NAUTILUS

Sing your heart out! Experience the challenge and FUN of spinning and singing! We'll sing our favorite songs from the past and present while pedaling to a steady beat. Lyrics will be projected in front of the class.

If you have a group song request or want to sing alone, please email Teresa at THallFit@aol.com by Wednesday, March 17th (Upbeat songs only please, no slow ballads!).

If you choose to sing alone, you have a choice to stop pedaling or even dismount and sing onstage!

Singing not required, but cycling is!