



# BODY AND SOUL PRESENTS **SPINNING COMPETITION**

ON WEDNESDAY 18<sup>TH</sup> OCTOBER 2017  
FROM 5:00PM TO 9:00PM

**OPEN  
REGISTRATION**  
for all  
members and  
nonmembers



JOIN US TO SHOW YOUR FITNESS  
LEVEL IN CARDIO TRAINING AND LEARN  
MORE ABOUT HEART RATE TRAINING

## 5 PRIZES TO BE WON

- Best Style of Riding
- Best Hill climber
- Best Sprinter
- Fastest Legs
- Overall Champion

**8 CLASSES BACK TO BACK**  
(30 Minutes Each class)



**STRAP YOUR PEDALS AND GEAR UP FOR THE MOST EXCITING SPINNING COMPETITION**



# Body & Soul

HEALTH CLUB

*Feel the difference ...*

طوبى  
**THUMBAY**  
Growth Through Innovation

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**FOR MORE INFORMATION CALL: 04 2580303**