



Come Ride with the HCT!

Looking for an **alternative to your usual workout** routine?
Looking for a way to **unwind and do something good for yourself**?
Get ready for a workout that is **loud, sweaty and fun!**

Join your HCT colleagues at SoulCycle for an immersive and intense full-body workout. Lose yourself in the ride, the music, the experience. SoulCycle classes feel a lot like a party or that concert you've been dying to go to.

SoulCycle's Roslyn Location is offering HCT Members a chance to try it out for just \$5!

Choose Your Ride

Monday, October 24th at 7:30 PM
Thursday, November 10th at 7:30 PM

\$5 per person includes a 45-minute class and shoe rental.

(cash or check payable to the HCT)

Name: _____

Cell Phone Number: _____

Email address: _____

Proof of vaccination is required in studio

RSVP to Alison Silvestri at ajsilvest@hotmail.com by Friday October 7 at 9 PM