

Cayuga Coaching

Cycle Lab



8 Week - Cycle Series

Sign-up at the Front Desk Today!

Saturdays 12:00-1:30pm

(Small Group Training Room)

Class Meets March 10 - April 28

For more information contact Cayuga Coaching Program Coordinators

Dillon Shaffer, dillonshaffer500@gmail.com



A Collaborative Partner of Cayuga Medical Center

