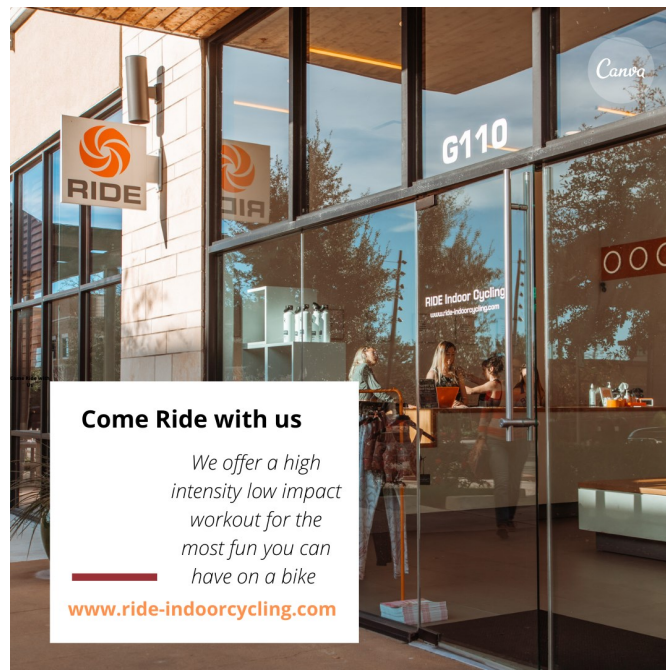


Exercise

RIDE INDOOR CYCLING

(512) 284-9888

www.ride-indoorcycling.com



The mission of RIDE is to provide a platform where people feel accomplished, liberated and joyful. The best workouts are fun. And we believe that when people enjoy their workout they find strength in their body, realize clarity in their mind and begin to welcome fitness as a lifestyle. As they see their bodies change, they see anything is possible and they see their lives change too. We are in the business of making people feel good, on and off the bike, in the studio and at the front desk. We are here to welcome everyone to our Tribe...to RIDE.

-Kim Dowling, Founder

YOGA & GOGA

(347) 770-3996

<https://goga.yoga>



YOGA & GOGA is a one-of-a-kind Yoga studio, offering both regular Yoga as well as GOGA - baby goat yoga! We all know the benefits of Yoga, and almost anyone can get something out of it. But GOGA has a unique ability to quickly bring you to the present, make you laugh, connect with animals, and forget about everything else going on in the world for an hour! Check out our schedule at www.goga.yoga