



# Q Summer SPIN CLUB Free!

**When:** July 18<sup>th</sup> & Aug 22<sup>nd</sup>  
9 am - 4 pm

**Where:** East Stroudsburg University  
200 Prospect St. E Stroudsburg, PA

**Who:** You! The Q Staff welcomes all skill levels to come participate! Enjoy a fun day spinning with the members and staff of Q!

**Register:** [QWinterguard.com](http://QWinterguard.com)