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Welcome to The Glamour Studio Salon

The Glamour Studio specializes

in numerous hair services to tailor our guests needs, such as

gentle ammonia free hair

color, beautifully Sunkissed Balayage, and creative color for that POP

We also

specialize in Air brushed , makeup for that perfect I do m

oment or night out, of course

The stationary bike is a good choice for a cardio workout if you're just getting started with exercise

and is a great way to ease into cardio. In fact, you get the same cardio benefits as when using the treadmill or elliptical trainer or when walking or running

outside.

Stationary Bike Workout for Beginners - Verywell Fit

stationary-bike-workout-for-beginners

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Real talk: this is gonna be hard. Indoor cycling classes are

high intensity and fast-paced, and even the most seasoned fitties can struggle during their first session.

What to expect at your first Spinning class - Cosmopolitan

body : fitness-workouts : advice : spinning-clas...