

Induro Cycling

OCT2008

Memberships now available! Ride unlimited!! First come First Serve.
 Choose from over 35 classes this month! First time riders are always FREE!
 Beginner classes available. Sign up anytime!! OPEN TO THE PUBLIC!

Students	\$20/month
Kirmayer Members	\$25/month
Non-members	\$30/month

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Classes Offered</p> <p>Enjoy our classes taught by attentive and motivating instructors. Each class offers a regimen that allows participants to burn fat, tone muscle, and alleviate stress.</p> <p>We focus on teaching participants a safe and effective way to exercise in a state of the art studio. Check it out today! Everybody is welcome to attend.</p> <p>*Beginner* These classes are catered to beginners who are skeptical about their fitness level or cycling techniques. Do not be intimidated. These classes are structured to make beginners feel welcome and each participant rides at their own pace.</p> <p>Instructors focus more on each students comfort levels and motivating EVERYBODY in a comfortable atmosphere. Everybody is welcome to attend.</p> <p>** Outdoor rides!!! Ever want to learn how to ride in a pack? Ride in the streets without fear? We are LCI's! We can teach you. Bring your bike to the downtown airport! Don't have one borrow a friends'. Bring a helmet!</p>	29	30	1	2	3	4
	6	7	8	9	10	11
	13	14	15	16	17	18
	20	21	22	23	24	25
	27	28	29	30	31	1

www.indurocycling.com
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