

Induro Cycling

JULY 2009

Memberships now available! Ride unlimited!! First come First Serve.

Choose from over 40 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

Classes Offered

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Enjoy our classes taught by attentive and motivating instructors. Each class offers a regiment that allows participants to burn fat, tone muscle, and alleviate stress. Check it out today! Everybody is welcome to attend!

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. Instructors focus more on each student's comfort levels and motivating EVERYBODY in a comfortable atmosphere. Everybody is welcome to attend.

Coaching

A new addition to our schedules. These classes are catered to individuals looking for an edge. We will use a structured format for teaching students how to attack on hills and sprints. Proper form and techniques will be introduced and maintained in a powerful workout for roadies and trail hunters alike. Not riding outside? You will be after training with our coaches in these wonderful classes focusing on heart rate and gear shifting.

Our Classes Are Theater Enhanced with HD Projector and a screen measuring 133"!!!!!!
Theater Enhanced Cycling

Classes Offered	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:00 - 7:00pm	2 *5:45-6:30am* 6:00-7:00pm VIRTUAL INSTRUCTOR	03 FACEBOOK: SEARCH INDURO CYCLING STUDIOS	04 GET OUTSIDE AND RIDE ! DOWN- TOWN AIRPORT IS OUR FAVORITE! 10ish
	* 06 6:00 - 7:00pm	TWITTER: http://www.twitter.com/indurocycling 07 *5:45 - 6:30am* 6:00 - 7:00pm VIRTUAL INSTRUCTOR	08 6:00 - 7:00pm	09 *5:45 - 6:30am* 6:00-7:00pm VIRTUAL INSTRUCTOR	10 Wine Tour/ Wine Tasting on 7/16!! Wine Tour via Central Coast California!	11 10ish airport ROAD READY COURSE. TRAF- FIC SKILLS 101 CLASS CALL 4 DETAILS
	13 6:00 - 7:00pm	*5:45 - 6:30am* *6:00 - 7:00pm* VIRTUAL INSTRUCTOR	15 6:00 - 7:00pm	16 *5:45- 6:30am* 6:00-7:00pm Wine Tour 7:30 Wine Tasting!!	17	18 *10:00-11:00am Outside Ride Bike / Helmet REQ.
	20 6:00 - 7:00pm	*5:45 - 6:30am* 6:00-7:00pm VIRTUAL INSTRUCTOR	22 6:00-7:00pm	23 5:45 - 6:30am 6:00-7:00pm VIRTUAL INSTRUCTOR	24 Saturday meet at the DOWNTOWN AIRPORT.	25 10ish meet at downtown airport to ride
	27 6:00 - 7:00pm	*5:45 - 6:30am* *6:00-7:00pm* VIRTUAL INSTRUCTOR	29 6:00-7:00pm ▶ We have afford- able Personal Training!! ▶ One on one and Group sessions!!!	30 5:45-6:30am *6:00-7:00pm* VIRTUAL INSTRUCTOR CLASSES THEATER ENHANCED!	31 Wine Tour begins 6:00pm followed by Wine Tasting at 7:30pm on 7/16!! Book your spot TODAY!!	Ask about our Road Clinics and coaching pack- ages! Ask about Personal Training Packages!

www.indurocycling.com
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info@indurocycling.com THEATER ENHANCED CYCLING