

# Indoor Cycling Class

**6 Week Session begins February 13  
Mondays and Wednesdays at 7pm  
New Holland Recreation Center  
123 N. Shirk Rd.  
New Holland, PA**

Keep your training on track through the cold-weather months.

Endurance Multisport coaches will help you build your cycling power and conditioning while other athletes are sitting on the sofa waiting for warmer temperatures.

6 week Session is tailored specifically for cyclists and triathletes.

Classes will include Intervals, Drills, Race Simulations and more.

USA Triathlon and USA Cycling Certified Coaches will lead all sessions.

**Price:** \$125 Regular  
\$50 for Endurance Multisport Club Members

**What to Bring:** Bike, Trainer, Water Bottle, Towel  
Trainer can be rented - \$40 for the 6 week Session (must reserve in advance)

**Optional Gear:** Heart Rate Monitor, Power Meter, Riser Block

**Register at:** [http://www.active.com/event\\_detail.cfm?event\\_id=2007885](http://www.active.com/event_detail.cfm?event_id=2007885) (Class Size is Limited to 40)

**Contact:** [john@endurancemultisport.com](mailto:john@endurancemultisport.com) or [mfecik@endurancemultisport.com](mailto:mfecik@endurancemultisport.com)

