

Indoor Cycling

emPOWERED BY GINA KEHR



This is a 12 week program that will be fun, focused and efficient. Gina shares her secrets on how to get the most out of every trainer workout. This class is for EVERY level and is based on Gina's "Quality vs Quantity" philosophy

- **Performance test to establish fitness level**
- **Learn your zones with power or heart rate**
- **Learn "Quality vs Quantity" concepts**
- **Add trainer workouts to your training inventory**
- **Meet new riding partners**

When: Wednesdays January 4 - March 21, 2012 (12 sessions)

Where: Front of the Pack, Palo Alto

Time: 6:30 - 7:45pm

Cost: \$240 paid in full

Tri Club members \$215.00 paid in full

\$25 drop in class

How to sign up: send email to Gina indicating you would like to take the class. Pay via Paypal to gina@ginakehr.com, or cash or check direct to Gina. Once payment received you will be confirmed for class.

Equipment needed: Bike, trainer, towel, water. Power meters or heart rate monitors not mandatory but a definite perk.

Other: Space is limited. First come first serve. There will be plugs available for Computrainer users. Please let me know if you will be using a computrainer so we can save you the right space. An extension cord may be necessary.

Questions? Feel free to call or mail @ ginakehr@gmail.com

650.269.4100