



## ***Training Center***

Come feel the energy of cycling with a group that grinds out all the long climbs, flies across the flats, sprints up the hillsides and ALWAYS finishes together.

In the Bikin' Blast Training Center at Plano Cycling & Fitness, everyone rides their own bike on a magnetic trainer. This allows participants to ride a bike that fits while providing a full range of resistance options.

Wear your cycling clothes and gloves for comfort but you can leave your helmet at home. Towels are encouraged and water is a must.

### ***2009/2010 Class Schedule***

#### ***November 2 - March 27***

<b>Mondays:</b>	630PM Bikin' Blast	Bikin' Mike Keel
<b>Tuesdays:</b>	6PM Power Blast	Frank Cortese
<b>Tuesdays:</b>	730PM Bikin' Blast	Bikin' Mike Keel
<b>Wednesdays:</b>	306PM Bikin' Blast	Bikin' Mike Keel
<b>Thursdays:</b>	6PM Power Blast	Frank Cortese
<b>Thursdays:</b>	730PM Bikin' Blast	Bikin' Mike Keel
<b>Saturdays:</b>	8AM Bikin' Blast	Bikin' Mike Keel
<b>Saturdays:</b>	930AM Bikin' Blast	Bikin' Mike Keel



[www.bikinmike.com](http://www.bikinmike.com)