



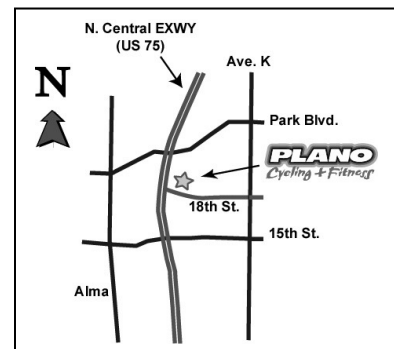
# Training Center Class Schedule

Classes begin Monday, November 2, 2009

<b>Monday</b>	<b><i>Bikin' Blast @6:30PM</i></b>	
<b>Tuesday</b>	<b><i>Power Blast@6:00PM</i></b>	<b><i>Bikin' Blast @7:30PM</i></b>
<b>Wednesday</b>	<b><i>Bikin' Blast @6:30PM</i></b>	
<b>Thursday</b>	<b><i>Power Blast @6:00PM</i></b>	<b><i>Bikin' Blast @7:30PM</i></b>
<b>Saturday</b>	<b><i>Bikin' Blast @8:00AM</i></b>	<b><i>Bikin' Blast @ 9:30AM</i></b>

All classes are one hour long and cost \$7 per class. Trainer rental is an additional \$3 per class. You may purchase a monthly card for unlimited classes @ \$40 – \$60 with trainer rental included and the 5 month season is \$175 or \$275.

You will need to bring your bike (road, mountain or hybrid), gloves, water and a towel. Cycling shorts are suggested for maximum comfort. If you have a magnetic trainer, bring it. If not, we rent trainers for \$3 per class.



## Come Join Us For A Bikin' Blast

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. Add some kickin' music and have what we call Bikin' Blast.

Have more fun when you ride outdoors by developing your strength and skills indoors during the winter months. We offer 5 solid months of cycling classes from early November until late March.

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

Whether you are just getting started or you're a seasoned cyclist looking for winter conditioning, we've got classes to fit your need and schedule. Our class schedule offers 2 formats. The Bikin' Blast Class was developed by blending anaerobic work with aerobic intervals, all choreographed to music. The Power Blast Classes are a similar format, with an emphasis on using bigger gears to develop more power (more anaerobic work). Workouts are designed by the coach leading the class.

**You can pay by the class, by the month or prepay the 5 month season.**

***Best of all – no traffic, weather or crashes to worry about. So come join us. We'll have a Bikin' Blast!***

**BikinMike.com**