



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

| | | |
|--------------------|---------------------------|------------------|
| Mondays: | 630PM Bikin' Blast | Bikin' Mike Keel |
| Tuesdays: | 6PM Power Blast | Frank Cortese |
| Tuesdays: | 730PM Bikin' Blast | Bikin' Mike Keel |
| Wednesdays: | 630PM Bikin' Blast | Bikin' Mike Keel |
| Thursdays: | 6PM Power Blast | Frank Cortese |
| Thursdays: | 730PM Bikin' Blast | Bikin' Mike Keel |
| Saturdays: | 8AM Bikin' Blast | Bikin' Mike Keel |
| Saturdays: | 930AM Bikin' Blast | Bikin' Mike Keel |



www.bikinmike.com