



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.

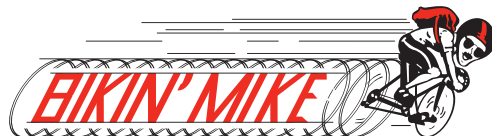
In the Bikin' Blast Training Center at Plano Cycling & Fitness, everyone rides their own bike on an indoor trainer. This allows participants to ride a bike that fits while providing a full range of resistance options.

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
Mondays:	800PM Yoga for Cyclists	Aleda Keel
Tuesdays:	6PM Power Blast	Frank Cortese
Tuesdays:	730PM Bikin' Blast	Bikin' Mike Keel
Wednesdays:	630PM Bikin' Blast	Bikin' Mike Keel
Wednesdays:	800PM Yoga for Cyclists	Aleda 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