



PERFORMANCE CENTER



"Developing the superior athlete"

Indoor Cycling Classes

The OA Performance Center introduces indoor cycling classes! Whether you are a seasoned pro, getting ready for your first sprint triathlon, or just trying to stay fit over the winter, cycling is a great low-impact way to stay fit. The classes will help you gain fitness to help you complete all of your goals for the following year. Everyone is welcome, no matter your level of fitness.

Starts November 14th and runs until March 31, 2012

To Participate in the classes you will need the following:

Bicycle-any kind will do

Two towels

Fluids

Positive attitude

Class Schedule

Monday, Tuesday and Thursday at 5:45 PM to 7:15 PM

Saturday at 7:30 AM to 9:30 AM

Class Fee

\$10 drop in

\$80 prepay of 10 classes (\$8 per class)

\$360 for the season

Included in the cost of the Athlete Endurance Program

12-Kurt Kinetic Trainers with Riser Rings are provided. Athletes should call to reserve a spot in class.

Instructor: Stephanie Chase is a USAC Certified Level 3 coach, proprietor of "The Right Fit Personal Training Center" formerly of Scarborough, and the women's racing development coordinator for NEBRA (New England Bike Racing Association). She has been a trainer and coach for fifteen years, has raced at the elite level for five years in road as well as races cyclocross and teaches racing clinics throughout New England. She is excited and committed to helping you reach your goals.



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