



PERFORMANCE CENTER



"Developing the superior athlete"

WINTER SPIN CLASSES

The OA Performance Center introduces winter spin classes! Whether you are a seasoned pro, getting ready for your first sprint triathlon, or just trying to stay fit over the winter, spinning 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. Every one is welcome no matter your level of fitness so come join in!

To participate in the classes you will need the following:

- Bicycle - any kind will do
- Two Towels
- Fluid
- Positive attitude

Kurt Kinetic Road Machine Trainers and Riser Rings provided on first come - first served basis.

Class Schedule

Monday, Wednesday and Friday - 5:45 AM to 7:00 AM

Tuesday and Thursday - 6:00 PM to 7:15 PM

****Please note at 7:30 PM on Tuesday and Thursday there is an Endurance Athlete Strength Training Class available. This is a perfect to maximize your off-season training. For more information click on the Endurance Athlete Program banner.***

Saturday 8:00 AM to 9:30 AM

NOTE: Athletes should *call ahead* to reserve spots in class!!

Class Fee

\$10 drop in

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

Instructor

Tom Gosselin is a USAC Certified Level 2 coach. He comes to the table with over 10 years of racing experience. He has raced all over the United States and Canada on the road, mountain, and cyclocross events. He is committed to helping you reach your goals.

For more information or to enroll call (207) 710-5509 today

Or visit us on the web at www.orthoassociates.com/lp10

OA Performance Center ❖

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