

WANT TO BUILD YOUR CYCLING FITNESS?

North Coast Endurance Coaching & CTC is hosting Winter Indoor Cycling Sessions.



Workout is free to CTC members!

**Twinsburg Rec Center
\$7 Entrance fee**

Details:


- Bring your own trainer & bike
- Setup at 7:00am, riding starts at 7:15am.
- Two hours of fun & fitness!
- Optional swim workout @ 9:30am or Swim Mechanics Class (\$25)



**MORE
INFORMATION?**

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 www.NCEcoaching.com

 North Coast Endurance Coaching