



8 Week Energy Zone Spin Series

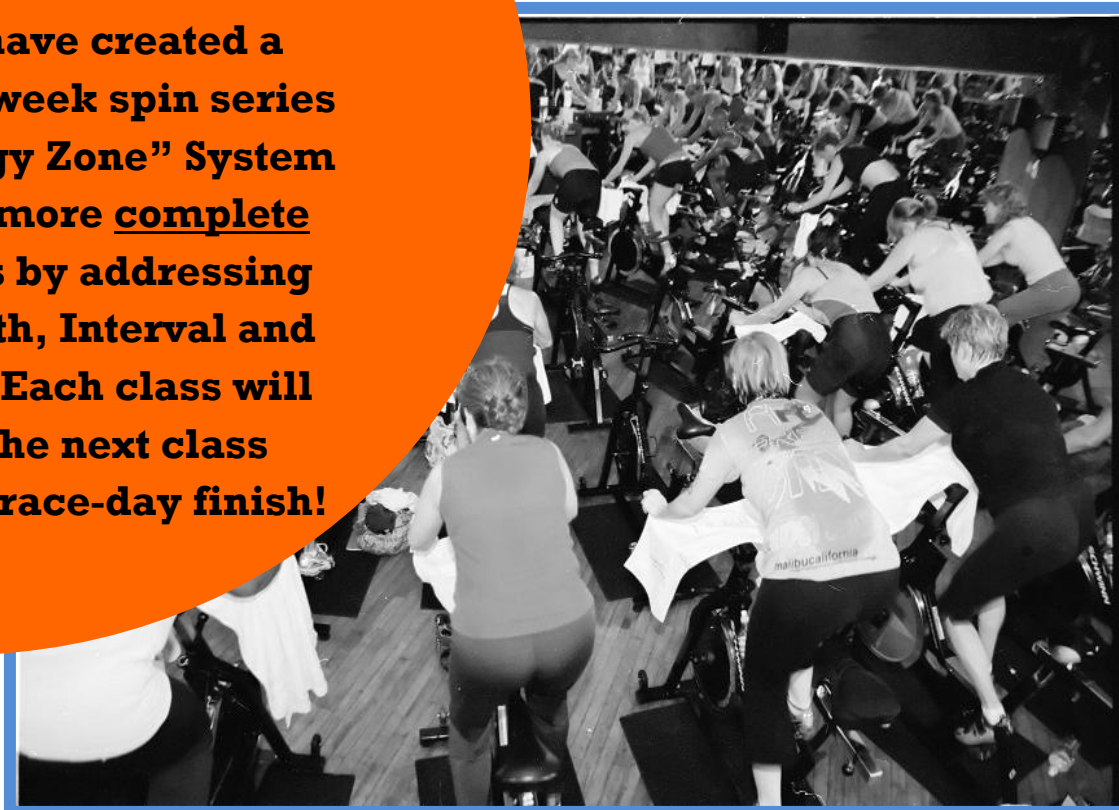
SIGN UP NOW!

DO YOU WANT TO LOOK
AND FEEL LIKE A
PROFESSIONAL ATHLETE?
NOW IS YOUR CHANCE!

Chaz and Kevin have created a custom designed 8 week spin series based on the “Energy Zone” System which promotes a more complete approach to fitness by addressing Endurance, Strength, Interval and Active-Recovery. Each class will progress you to the next class culminating with a race-day finish!

*Progressive Cycling
with Chaz & Kevin
8 weeks for \$240*

Mon, Wed & Fri at 6AM



E – Endurance Zone
S – Strength Zone
I – Interval Zone
AR – Active Recovery
R – Race Day

FEBRUARY	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5	6
		E		E		E	
	7	8	9	10	11	12	13
		E		E		E	
	14	15	16	17	18	19	20
	S		E		S		
21	22	23	24	25	26	27	
	E		S		E		
28							

MARCH	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5	6
		S		S		S	
	7	8	9	10	11	12	13
		S/I		S/I		S/I	
	14	15	16	17	18	19	20
	I		I		AR		
21	22	23	24	25	26	27	
	AR		R		R		
28	29	30	31				