



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRIATHLETES & CYCLIST RIDE

Attention Triathletes– Trainer rides are here YMCA ALEXANDRIA

Are you trying to build your base fitness on the bike during the winter months? Want to have other cyclists to motivate you to get it done? Hate being on the trainer, but KNOW it's critical to your bike fitness? This is not a spin class, this is an opportunity to bring YOUR trainer, YOUR bike and YOUR monitoring system (HR monitor, Power meter, cadence computer, etc.) to an indoor facility to suffer with other cyclists! We have a periodized schedule to maximize your "off-season" bike fitness, while providing an opportunity for camaraderie and phenomenally motivating music. The ride will be led by seasoned cyclists and will have predetermined goals/achievements in mind. Bring you gear and join in the "suffer" fest!

Still not sure, join us for a FREE demo of the class....

WHEN: Tuesday, December 27th
TIME: 6:30p.m. – 8 p.m.
LOCATION: YMCA ALEXANDRIA CYCLE ROOM
420 East Monroe street
Alexandria, VA 22301
P-703– 838-8085