

Aerobic Power – NAIOP Sessions

Aerobic Power is offering an indoor winter cycling program in our state of the art Cycling Studio equipped with the Compu-Trainer power training system and PerfPro Software providing the rider and coach immediate feedback on all your cycling metrics maximizing your cycling development.

The program begins with a review of the most efficient peddling techniques and aerobic system development. The program progresses over the course of the winter leading riders through individualized designed workouts based on personalized testing and the appropriate phases of training for that time of year.

Regularly priced at \$35 per session Aerobic Power would like to offer your group a winter rate of \$25.00 per session based on a 20 week cycling program commitment.

Wednesdays starting at 7:15pm  
20 weeks not including the Christmas Break.  
Starting November 1<sup>st</sup>  
Location: Performance 104 (7121 104 St NW)

Minimum of 8 riders  
Only 12 spots available

Register by emailing [kevin@aerobicpower.com](mailto:kevin@aerobicpower.com)