



**Longfellow Sports Performance Center
Longfellow - Wayland**

Cycling for strength and power

INSTRUCTOR: Drew Davis - USA Cycling Coach

**Starting Thursdays 6:30-8pm
January 14, 21, 28, Feb. 4, 11
5 - Week Program**



**MEMBER RATE: \$125
NON-MEMBER RATE: \$150**

Train on your own bike with the use of our fluid trainer equipped with power output. Train optimally with our USA Cycling certified coach. Guaranteed to improve your cycling. Strength training is done after.



*** Please SIGN UP & PAY at the FRONT
DESK**

***Class minimum:4 *Class limit:10**