



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORK HARD THROUGH THE WINTER



BIKE TRAINER CLASSES SOUTH COUNTY YMCA

Coached by "Frantic" Fred Bartlett, bike training is a challenging stationary bike class, in which participants ride their own bikes on trainers. DVDs and music will be played during the class while participants go through a series of drills and spins to create the atmosphere of FUN while working hard. Participants must supply their own bike, bike trainer, riser for hills, towel, and a small carpet for under the trainer. Ample fluids and nutrition are a must!

DATE:

- Class runs December 30th, 2017 - March 10th, 2018
 - Registration opens December 11th.
 - Register at front desk.
- (401)-783-3900

TIME:

- Class set up is 7:15am.
- Class begins at 7:30am sharp till 10:00am. An optional run is offered after the class.

PROGRAM FEES

- 11 Week Session: \$120 for members
\$170 for non members
- 6 Week Session:\$85 for members
\$110 for non members
- 3 Week Session:\$50 for members
\$60 for non members
- 1 Class: \$20 members and non members



QUESTIONS? Contact Fred at 401-782-6911 or at swimtrirunman@aol.com. A limited amount of used trainers are available for a nominal cost. Contact fred directly to reserve one.