

Cayuga Coaching

Outdoor Biking Series



WEDNESDAY 5:30PM - 7:00PM

June 27, 2018 (Meeting Location TBD)
Hill Climbing Clinic, Part 1

*All participants must be paid and sign waivers BEFORE class. Please bring your own bike and helmet. **Classes will be held off-site.*

Pricing:

Island Health & Ithaca Tri Club / Members: \$20 Drop-In

Non-members: \$22 Drop-In

Sign up at the front desk of Island Health & Fitness

For more information contact Program Coordinator

Dillon Shaffer at dillonshaffer500@gmail.com

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WWW.CAYUGACOACHING.ORG



ISLAND
Health & Fitness
in partnership with Cayuga Medical Center