

Cayuga Coaching

5 Week Outdoor Biking Series

SATURDAYS 1:00PM - 2:30PM

April 15, 2017 (Meet at Island Health & Fitness)

Efficient Technique and Handling Skills, Part 1

April 22, 2017 (Meet at Island Health & Fitness)

Efficient Technique and Handling Skills, Part 2

April 29, 2017 (Meet at Wildflower Parking Lot)**

Hill Climbing Clinic, Part 1

May 6, 2017 (Meet at Wildflower Parking Lot)**

Hill Climbing, Part 2

May 20, 2017 (Meet at Island Health & Fitness)

Triathlon Cycling Skills

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: \$80 Series; \$20 Drop-In
Nonmembers: \$90 Series; \$22 Drop-In**

**To sign up go to Island Health or call (607) 277-3861
Questions: Email Kelly Chase, kellyb@cnymail.com**

CAYUGA
COACHING

WWW.CAYUGACOACHING.ORG



 **ISLAND**
Health & Fitness
in partnership with Cayuga Medical Center