

January 2nd - February 4th

Syracuse Bicycle Indoor Cycling & Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		Strength & Endurance Boot Camp (Robert Drummond)		Strength & Endurance Boot Camp (Robert Drummond)		
8am						Cycling for Endurance (Jaime Lawlor) *90 minute class
9am				Beginner Cycling (Trish Dugan)		
12pm	Strength & Endurance Boot Camp (Robert Drummond)		Strength & Endurance Boot Camp (Robert Drummond)			
2pm	Yoga for Cyclists (Julie Holder)					
6pm	Beginner Cycling (Jaime Lawlor)	Cycling for Power (Trish Dugan)	Cycling for Endurance (Lauren Brodey) *90 minute Class	Cycling for Power (Jaime Lawlor)		

Classes are held at **Fairway Physical Therapy** in the plaza next to FM Returnables. 240 W. Seneca St, Manlius (315) 682-0325

Class Fees: \$10/class, \$15/Boot Camp

While space is not guaranteed, all walk-ins are welcome! Bring your bike and be ready to ride! All classes are 1 hour unless noted.

Questions? E-mail: trish@syracusebicycle.com



Stay in shape this winter.

**Indoor Cycling
and Fitness Classes**

ALL CLASSES HELD AT FAIRWAY PHYSICAL THERAPY, 240 W. SENECA ST., MANLIUS

Class Descriptions

Beginner Cycling

Designed for the beginner cyclist, this class will teach you proper pedaling technique and gear shifting basics. No question goes unanswered! Come spring, you'll be a stronger and more confident cyclist. Class features a 45-minute cycling workout and 15-minute core strengthening routine.

Cycling for Power

If you're looking to improve your power and endurance, this progressive indoor cycling class is for you. Short intense intervals will build your threshold power and VO2 max. And since the workouts are short, focused, and varied, you'll still love riding and have the motivation to train when the winter is over.

Cycling for Endurance

Why sweat out your long ride alone in your basement when you can come to this fun, high-energy group cycling class? Most cycling and triathlon coaches agree that the broader you build the base of your "fitness pyramid" this winter, the higher your peak in the spring. Brick option: we'll head out for a short transition run immediately following ride for any interested class participants.

Strength and Endurance Boot Camp with Robert Drummond

This challenging class will develop both your cardiovascular endurance and functional strength. Following a circuit format, you'll perform a different exercise for one minute at seven different stations. Each station targets a different muscle group. The entire circuit is repeated three times interspersed with cardio work on the indoor track and BOSU balls. The focus on functional strength will improve your core strength and is guaranteed to make you a better swimmer, cyclist, or runner.

Yoga for Cyclists

While bicycling and indoor stationary cycling are among the best forms of cardiovascular conditioning, they often leave the rider with tightness, aches and sometimes even pain, particularly in the muscle groups of the lower body, quads, hamstrings and gluteus. This sport related yoga program provides you with an opening in these areas and helps with lower back pain and tight hamstrings and quadriceps. **About the Instructor:** Julie Holder, a native of North Carolina, has been practicing yoga since the birth of her son nine years ago. What started out as a hobby soon turned into a passion. Julie has been teaching yoga for four years to runners, cyclists, triathletes and many others. Her company, Ohmwardbound, LLC, is a traveling yoga studio taking yoga where it's needed most- right to YOU. A runner and triathlete herself, laughter and friends have gotten Julie through many miles. Let her get you through yours.