



KAHLER CYCLING ACADEMY

Proudly Announces
The One, The Only, The Next

ERGomania, 2017

Ergometer Continuation Training Clinic
“High Energy Training for Cycling & Tri-Athletes”

ERGomania runs April 25th thru May 23rd, 2017

**Come and train with renowned coach and trainer, Robert Kahler
(originator of the infamous Torture Cycling Clinics)**

- Train on The Monark Stationary Bike for sustained high energy output.
- Train for time trialing, high output endurance and power climbing.
- Develop high output stamina and power.
- Improve mid to upper heart function and discomfort tolerance.

**ERGomania training for 5 Tuesdays begins on
April 25 and ends May 23, 2017.**

**ERGomania training sessions are 50 – 75 minutes each
and have 2 flex-start times: 4:45 to 5:30 PM start
or 5:30 to 6:15 PM start (must select one flex start)**

**Pre-paid fee for ERGomania is \$100 (cash or check only)
or \$25.00 per class (walk-in).**

Visit our Website at www.cyclingpros.com
or talk to **Robert** at **(714) 713-9557**
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