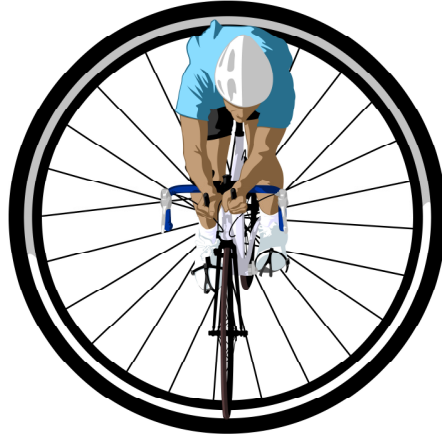


ERGOmania

Egometer Continuation Clinic

High Energy Training for Cycling Athletes

Presented By:



Kahler Cycling Academy

**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 level stamina and power, and improve your recovery.**

**ERGOmania training for 5 Tuesdays begins on
April 24 and ends May 22, 2018.**

**ERGOmania training sessions are 50 – 75 minutes each
and have 2 start time windows: 4:20 to 4:50 PM start time,
or 5:40 to 6:10 PM start time**

Fee for ERGOmania is \$20 per class (cash or check only)

**Kahler Cycling Academy
117 N. Prospect Ave.
Tustin, CA. 92780
(714) 713-9557**