

# *TORTURE* PRELUDE CYCLING CLINIC

October and November, 2016

Presented by

## **Kahler Cycling Academy**

(Santiago Cycling, Inc.)

Train With Cycling's Renowned Trainer/Physiologist, Robert Kahler

**What:** Indoor cycling training classes designed to improve your cardiovascular fitness, lower your excess body fat, and improve your cycling performance. Classes are short and sweet; 1 hour and 30 minutes in length, and comprise informational topics, stretching, and Two cycling training sessions.

**When:** Tuesday and Thursday Evenings, October 4<sup>th</sup> thru November 29<sup>th</sup>, 2016 . . . . . 5:20 PM or 7:00 PM  
That's 8 exciting, fun filled weeks of training!

**Where:** Kahler Cycling - 117 N. Prospect Ave., Tustin.  
Phone: (714) 713- 9557 Call for Info.

**Note:** Physio testing for VO2 is Included, but not required.

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- Enhance your muscle and lung power and your cardio function.
  - Lose excess body fat and revitalize your metabolism thru our nutrition education and comprehensive exercise sessions.
  - Become physically and mentally tough! It's rewarding and GREAT FUN!
  - Dial up your AVERAGE SPEED by 5 to 10 percent! (That's a lot).
  - Improve your POWER to CLIMB like a Mountain Goat.
  - Thousands of fast and fit Prelude Clinic graduates can't be wrong!

(Each class is limited to a maximum of 40 participants)

Clinic Fee: (Includes VO2 Physio Testing) \$349.00

Also, take a \$19.00 Discount for Check or Cash Payment

**Please Note:** This is not Torture- only the Prelude to Torture

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