

TORTURE PRELUDE CYCLING CLINIC



October and November, 2017

Presented by

Kahler Cycling Academy
(Santiago Cycling, Inc.)



Train with Cycling's Renowned Coach & Physiologist, Robert Kahler

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

When: **Tuesday and Thursday Evenings, October 3rd thru November 28th, 2017 5:20 PM or 7:00 PM**

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

Included: Pre- and post- oxygen uptake testing is included.
This Clinic runs for 8½ fun-filled weeks.

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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: \$359.00* Before 9/30/17 . . . \$369.00* After 9/30/17
***(\$19.00 Discount for Cash or Check)**

Please Note: This is not Torture – only the Prelude to Torture

Visit Our Website at: www.cyclingpros.com