

\$89



STRENGTH TRAINING
FOR CYCLISTS

Improve your cycling speed and endurance with cycling-specific strength training. Climbing hills will be easier and you'll sustain power longer. A certified trainer teaches the class to ensure you're using safe form and working efficiently. Space is limited.

44858, M/W, 09/22-10/08, 7:00-8:00PM
44859, M/W, 10/13-10/29, 7:00-8:00PM
44860, M/W, 11/03-11/19, 7:00-8:00PM
44861, M/W, 12/01-12/17, 7:00-8:00PM
18+ years



AllenParks.org

Don Rodenbaugh Natatorium
110 Rivercrest Blvd, Allen, TX 75002
(214) 509-4770