

# Induro Cycling

# NOV2009

Memberships now available! Ride unlimited!! First come First Serve.

Choose from over 25 classes this month! First time riders are always FREE!

\*Beginner\* classes available. Sign up anytime!! OPEN TO THE PUBLIC!

Students	\$20/month
Kirmayer Members	\$25/month
Non-members	\$30/month

*Classes Offered*      *Monday*      *Tuesday*      *Wednesday*      *Thursday*      *Friday*      *Saturday*

Enjoy our classes taught by attentive and motivating instructors. Each class offers a regiment that allows participants to burn fat, tone muscle, and alleviate stress. Check it out today! Everybody is welcome to attend!

**\*Beginner\***

These classes are catered to beginners who are skeptical about their fitness level or cycling techniques. Do not be intimidated. These classes are structured to make beginners feel welcome and each participant rides at their own pace. Instructors focus more on each students comfort levels and motivating EVERYBODY in a comfortable atmosphere. Everybody is welcome to attend.

We utilize a 133" screen to make our rides a rise above the rest. Travel to remote areas like South Africa and the Caribbean. Call or email for more information.

**OUR CLASSES ARE THEATER ENHANCED WITH A 133" SCREEN AND HD PROJECTOR**

**INCREDIBLE!**

		03 5:45 - 6:30 am	04 6:00 - 7:00 pm	05 5:45 - 6:30 am *6:00 - 7:00 pm* Beginner Class	06	07
09 6:00-7:00pm	10 5:45 - 6:30am	11 6:00 - 7:00pm	12 5:45 - 6:30am *6:00-7:00pm* Beginner Class	13	14	14
16 6:00 - 7:00pm	17 5:45 - 6:30am	18 6:00 - 7:00pm	19 5:45-6:30 AM *6:00 - 7:00pm* Beginner Class	20	21	21
23 6:00 - 7:00pm	24 5:45 - 6:30am	25 6:00-7:00pm	26 5:45 - 6:30am *6:00 - 7:00pm* Beginner Class	27	28	28
30 6:00- 7:00 pm						

**www.indurocycling.com**  
 3901 Rainbow Blvd, located inside Kirmayer Fitness Center  
 816.561.0888 tel.  
 info@indurocycling.com      THEATER ENHANCED CYCLING