

Spin / Second Sole Multisport Team and Five Seasons Sports Club

announce the **SECOND** installment of our

WINTER INDOOR TRAINER SERIES!

The spring series consists of **NINE** two-hour cycling classes, focused
on building your cycling

ENDURANCE and POWER
to lose weight and get in shape for the summer.

WHAT: Indoor trainer classes. Please bring your bike and a stationary trainer. If you cannot, you may be able to use a spin bike on location, but this is not guaranteed—although there are many of them, spin bikes are first-come, first served.

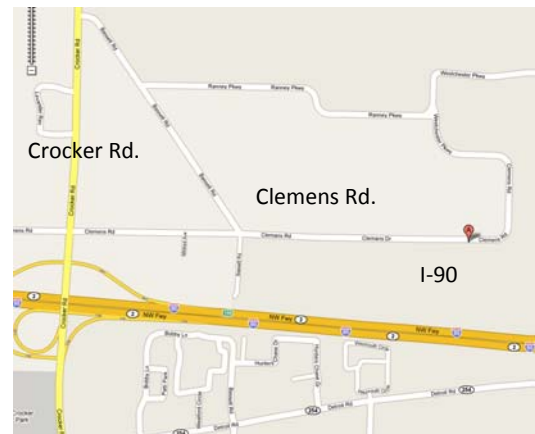
WHEN: Thursday nights, 6:30 to 8:30pm, starting on January 8th and ending on March 5th. Classes *begin* promptly at 6:30—please arrive early to set up. We cannot allow anyone to join the class after it has begun.

WHERE: Five Seasons Sports Club, Westlake OH (28105 Clemens Rd., Westlake OH 44145)

COST: Five Seasons Members: Always free
Cleveland Tri Club: \$7 per class, or \$55 series
Everyone Else: \$10 per class, or \$80 series

With the entry fee you'll get some towels to use during the class, have access to the locker room, and to the Five Seasons bar and café. Join other area athletes for some post-ride relaxing and socializing.

BONUS! Also receive **ONE FREE BEER** per class, courtesy of Five Seasons!!



CONTACT: spin.secondsole@gmail.com