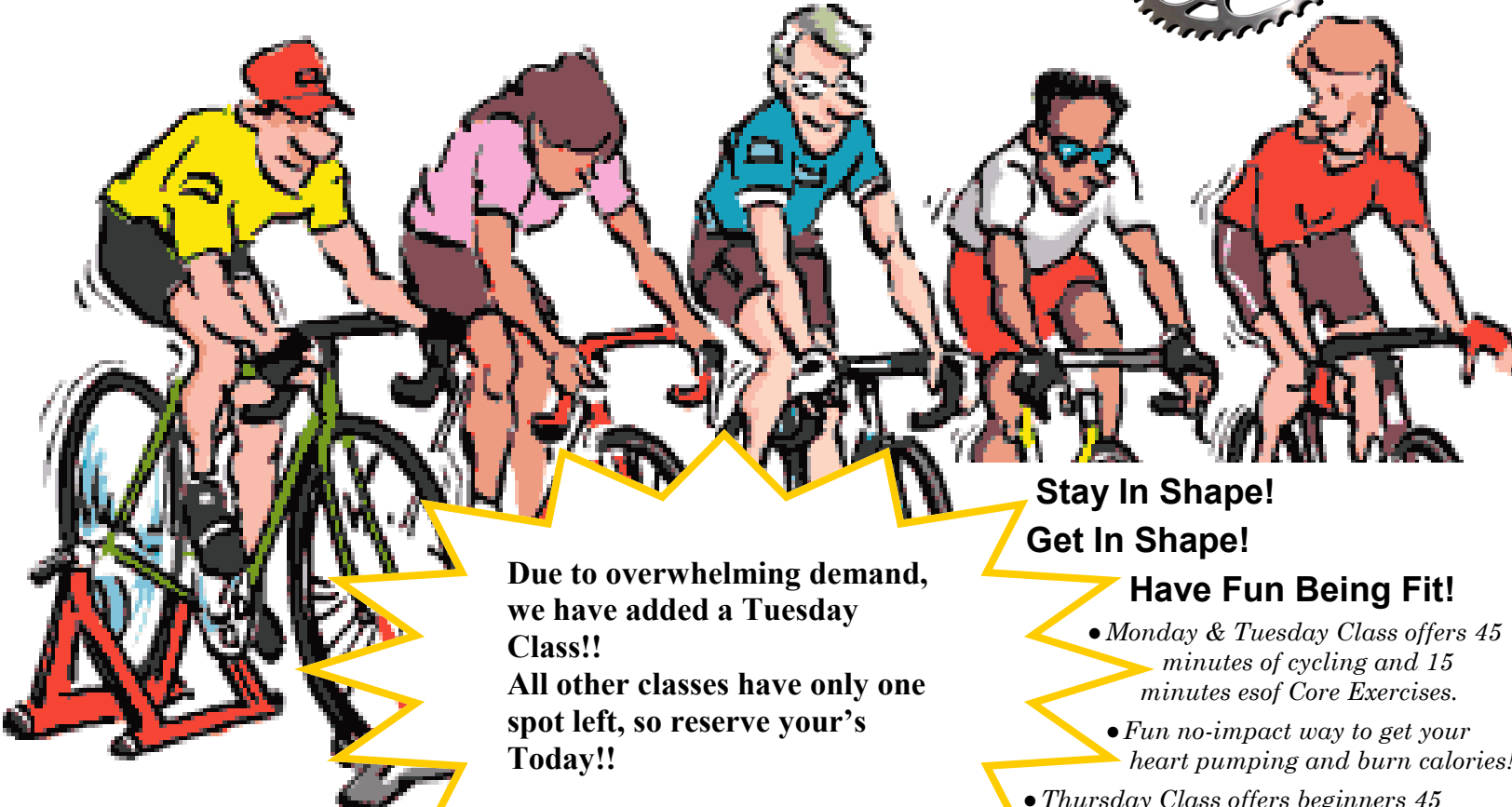


**REV-CYCLES  
INDOOR CYCLING  
WINTER 2017**



**Due to overwhelming demand, we have added a Tuesday Class!! All other classes have only one spot left, so reserve your's Today!!**

**Stay In Shape!  
Get In Shape!**

**Have Fun Being Fit!**

- Monday & Tuesday Class offers 45 minutes of cycling and 15 minutes esof Core Exercises.
- Fun no-impact way to get your heart pumping and burn calories!
- Thursday Class offers beginners 45 minutes of cycling.
- Take the Strength Class alone or in addition and get 90 minutes of intense cycling.
- Push your endurance levels with interval training and tempo riding.
- Ride longer, climb easier, enjoy a healthier lifestyle!

**JANUARY 2 — FEBRUARY 9**

<b>MONDAY CLASS</b>	<b>1 HOUR</b>	<b>6:30</b>
<b>**TUESDAY CLASS</b>	<b>1 HOUR</b>	<b>6:30</b>
<b>THURSDAY CLASS</b>	<b>45 MIN</b>	<b>6:30</b>
<b>STRENGTH</b>	<b>45 MIN</b>	<b>7:15</b>

*Whether you are a beginner or pro, these classes are designed to get your heart pumping, increase aerobic endurance and burn calories! We can also work with you on bicycle position, pedal cadence and technique, breathing, and shifting.*

*Register now! 6 week session \$45  
Indi-vidual Classes \$7.50  
Take 2 classes for \$75 We look forward to seeing you there!*

**SIGN UP TODAY! CLASSES START SOON!  
636-390-9999 joe@rev-cycles.com**

*Hey you!*  
**FIRST YOU FEEL  
LIKE DYING....**

**THEN YOU FEEL  
LIKE AN  
INDOOR CYCLING  
BADASS!!!**

*Addicted to The Sweat Yet?*