

# PWR4CYCLE

*Increase your cycling strength and efficiency through focused cycling drills, cycling specific strength exercises and expert coaching. Progress testing done at the beginning of each month.*

**Tuesdays, 7-8am**

**PWRFIT Studio + Cycling Studio**

**Drop In: \$35**

**Eight Pack: \$240 (\$30 per class)**



*Stu Kershner and Michelle Yost*

**REGISTER**

Greenwood App, 303.770.2582 x274  
[ClubGreenwood.com/PersonalTraining](https://ClubGreenwood.com/PersonalTraining)

**CONTACT**

Vivian Griggs x301  
[VivianG@ClubGreenwood.com](mailto:VivianG@ClubGreenwood.com)

