



WELLNESS

INDOOR CYCLING

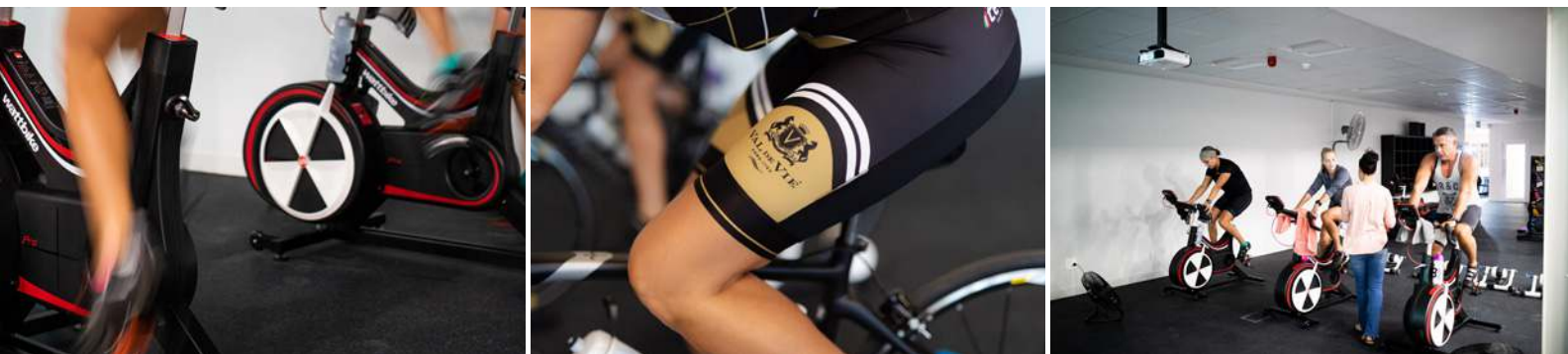
at The Yard

INDOOR CYCLING CLASSES

If you're looking to change your body shape, condition and lose weight, Tri.It Indoor HITT Classes are brilliant as they are essentially high-intensity intervals, scientifically proven to be one of the most effective fat-burning exercises.

At the other end of the spectrum, if you already have a high level of fitness and training for your next event, Tri.It Indoor Classes is like a shot of adrenalin; a boost that will help you hold a faster pace whether you're a cyclist, runner or swimmer.

Tri.It Indoor Cycling Classes allow individuals to exercise in a group but at their own optimum fitness level, based on highly accurate real-time data based on their Power Profile, Heart Rate, Cadence, Peddle Efficiency, Fatigue Profile and Power to Weight Ratio.



INDOOR CYCLING WEEKLY FITNESS SCHEDULE:

TIMES	MON	TUES	WED	THURS	FRI
06:00		Bike.It	HITT.It	Bike.It	
07:15		HITT.It	Bike.It	HITT.It	
08:30		Bike.It	HITT.It	Bike.It	
10:00		Seniors.Tri.It		Seniors.Tri.It	
16:00					
17:30	HITT.It	Bike.It	HITT.It	Bike.It	

MEMBERSHIP COSTS:

THE FUN RIDER

Let's get you moving with one indoor session a week

R500p/month

THE TRAVELER

Enjoy the flexibility of 10 indoor sessions, to use on 'class to class' basis valid for 3 months

R1200 p/10 sessions

THE RACER

Ideal for the Cycling Enthusiast who would like to prepare for their next event fitness goal two indoor sessions a week.

The Racer 1.0 is valid for 3 months R900p/month

The Racer 1.0 is valid for 12 months R750p/month

THE RACING FAMILY

Ideal for getting the family fit and healthy two indoor sessions a week

Please note that this package is limited to a maximum of 4 direct family members

The Racing Family 1.0 is valid for 3 months R2850p/month

The Racing Family 2.0 is valid for 12 months R2700p/month

