

Zwift-Wahoo Group Trainer Sessions Special!

4 SESSIONS



~~\$159~~ \$99



END OF 2019 SPECIAL!

4 Coach Led Zwift-Wahoo Group Trainer Sessions!

Objective and benefits:

- Push yourself with a coach and group through a structured workout in a safe training environment free of interruptions and traffic outside
- Improve your FTP and learn how to train with power
- Learn how to train with indoors with Zwift

Cost:

- \$99 Special
- Regular price is \$159 for 4 trainer sessions including trainer rental

What's Included:

- 60-75 minute trainer session with structured workout provided by USAC licensed cycling coach
- Individualized power goals for each rider
- Practice on body positioning, form, breathing techniques and posture
- Individualized feedback during ride
- Post ride feedback and data analysis
- Goals established for future training

Questions: Steven Perezluha, stevenacrossamerica@gmail.com, 407-619-5304

Registration & Additional Details:

- When: 11/27/19-12/27/19
- Wednesday's-Friday's 10:00am-7:00pm sessions available
- Location: Graciano's Bicycle Center 10887 NW 17th St, Miami, FL 33172
- Limited spots available; book your session below:
- **Registration Link StevenPerezluha.com**