



Harrisburg Bicycle Club Strength & Flexibility Class

What: The Carlisle UMedGym will be presenting a strength and flexibility class for members of the Harrisburg Bicycle Club. The class will be focused on functional strength and flexibility training to promote health and performance for cyclists.

Each class will be 1 hour and will consist of approximately 15-20 minutes of mobility and flexibility exercises and 40-45 minutes of total body strength and conditioning. The goal of each class is to build good movement quality, strength, and flexibility that will support the cyclist throughout the year. The classes will be conducted in a group circuit training environment designed to be fun and motivating!

When: Starting in January 2019, the class will be held bi-weekly on Saturdays at 2:00pm for five weeks. Starting January 5th and ending March 2nd, 2019.

Where: Classes will be held at the Carlisle UMedGym. 290 E Pomfret St. Carlisle, PA 17013.

Cost: Prepay for all classes = \$75 (\$15/class). Participants may also pay per class at \$20/class, if they are unable to participate in all 5 classes. *

Trainer: David Drinks will be running the strength and flexibility classes. He is a Certified Strength and Conditioning Specialist with a bachelor's degree in Sport & Exercise Science. He has worked full-time at the Carlisle UMedGym since 2014 and helped people of all ages and abilities move better, feel better, and live better.

REGISTRATION FORM

Email David Drinks at ddrinks@umedgym.com and mail your payment to reserve your space.

David Drinks
c/o UMED GYM
290 E. Pomfret Street
Carlisle PA 17013

HBC Member

Name _____ Phone _____

Email

Address _____

Cost: \$75.00 for all classes or you can attend and pay separately.

Paid date: _____ Check# _____