



612 Washington Street
Newton, MA 02458
617-630-8500

Winter Training Bike Classes at Fast:Splits with Karen or Dede start Dec. 1! Register online immediately to reserve your spot:

www.regonline.com/63361_676147N

- WHAT** Coached group bike sessions at Fast Splits will improve your cycling skill, endurance and technique. Our 8-week sessions provide one 60-minute coached workout per week.
- WHO** Coaches Hawaiian Ironman Champion **Karen Smyers** and Ironman UK champion **Dede Griesbauer**. Karen and Dede will share the knowledge and training techniques that have led Karen to four World Championship titles and inspired Dede's successive Top 10 finishes at the Hawaiian Ironman.
- WHO** These classes are perfect for beginners as well as seasoned athletes, triathletes and cyclists alike. **All levels are welcome. Nobody gets "dropped"!**
- HOW** All classes are conducted on your own bicycle* mounted on our networked laboratory-level **Computrainers**. During the 8-week session, we will do a progressive, individualized, heart rate and wattage-based training program that will enhance pedaling efficiency and technique through use of the Computrainer's proprietary spin scan feature, and strength, power and endurance through tracking and targeting watts. **Each participant will learn training techniques that can be employed year round and out on the road.**
- WHEN** Session One provides eight 60-minute classes from December 1st through January 26, 2009. No classes the week of December 22nd. December 31st and January 1st class are postponed to January 2nd and 3rd respectively.
- COST** **Cost per 8-week session: \$189.95.** Classes fill up fast, so don't delay!

T2 Sports LLC / Fast Splits Multisport

Ph: 617-630-8500 Fax: 617-969-0609 1369 Washington Street West Newton, MA 02465

CLASS SCHEDULE

Evening classes*:

		Coach
Monday	Class 1: 6:00-7:00 pm	Karen Smyers
	Class 2: 7:15-8:15 pm	Karen Smyers
Tuesday	Class 1: 6:00-7:00 pm	Dede Griesbauer
	Class 2: 7:15-8:15 pm	Dede Griesbauer
Wednesday	Class 1: 6:00-7:00 pm	Dede Griesbauer
	Class 2: 7:15-8:15 pm	Dede Griesbauer
Thursday	Class 1: 6:00-7:00 pm	Karen Smyers
	Class 2: 7:15-8:15 pm	Karen Smyers

Morning Classes*:

Tuesday	Class 1: 9:30-10:30 am	Karen Smyers
	Class 2: 10:45-11:45 am	Karen Smyers

***BIKE VALET SERVICE:** Store your bike at Fast Splits for the duration of your session. Save the hassles of transporting your bike in foul weather and worrying about roof clearances in downtown parking garages. The Bike Valet provides customers with the convenience of 'show and ride'. Arrive at Fast Splits to find your bike already mounted and calibrated on the Computrainer. Finish your work out and walk away! The Bike Valet will handle the rest! **Price is \$79.95 per session.**

Unfortunately, there is no storage for bicycles except for customers of The Bike Valet.

Register Now: www.regonline.com/63361_676147N

Questions? Email Karen at MKandKS@comcast.net or call her at 781-259-4428.