

# 2016/2017 Indoor Group Training Program



This will be a Structured Cycling Training Program run by Chip Berezny.

Chip is a National Champion in both road and track events and a Masters Worlds Track Champion. The training will be on Tuesdays and Thursdays at **7:05pm** and will be about 90 minutes in length. The format will consist of a warm-up, the workout, cool down, and some stretching.

Location is just off I-78 off Emmaus Avenue. "**South Mountain CrossFit**" facility.

The address is 2125 28<sup>th</sup> SW Suite 500 for **Chip's Cycling Studio**

**Directions: From I-78 west** take the Emmaus Av. Exit. Go under I-78 and turn right on 28<sup>th</sup> Street. This will be the first street you come to. There will be a yellow Dollar General sign on your right. Turn right and follow it to last building on your right. You can park behind the building. The South Mountain CrossFit is a bit past the middle of the building complex. There will be a Chip's Cycling Studio sign on the entrance door.

**From I-78 east** take the Lehigh Street exit north towards Allentown. Turn right at 1<sup>st</sup> traffic light. This will be Downyflake Lane. Turn right at the next traffic light. This will be 12<sup>th</sup> street. Turn right at the next traffic light. This will be Emmaus Av. After you go under I-78 follow the above directions.

## The program will commence October 25<sup>th</sup>, 2016 to March 9<sup>th</sup>, 2017

There is an initiation fee of \$25.00 to join the Cycling Studio. Single class is \$15.00 OR The first half session prepaid is \$195. That runs until Dec 29<sup>th</sup>. There will be no class Nov. 24<sup>th</sup>. The second half starts Tuesday Jan.3<sup>rd</sup>, 2017. Prepaid second half is \$205. Pre pay for the month (8 classes) the cost is \$90.00 for both days. If you can only make one day a week, the pre pay cost is \$48.00 per month (4 classes). Prepay for the entire indoor group training session for \$340.00 plus the \$25.00 initiation fee to reserve a bike thru March 9<sup>th</sup> 2017.

**Class size is limited. Prior year participants get preference**

## Class begins at 7:05pm Sharp! DO NOT arrive prior to 7:00pm

Call Chip to reserve your spin bike. 484-602-6543 e-mail: chipberezny@gmail.com

### What you need to bring: [webpage: chipscyclingstudio.com](http://chipscyclingstudio.com)

- HEART RATE MONITOR (Strongly recommended)
- Water Bottle (extra water will be provided at breaks)
- Small hand towel (you will sweat)
- Change of clothes (at least a dry shirt to slip on)
- Large towel to lay down under the spin bike



### What to expect:

A Cadence Driven and Heart Rate controlled workout consisting of:  
Muscle Tension, Lactic Acid Tolerance, Oxygen Uptake. (Power / Endurance format)  
Each month will have a different focus, building your strength and endurance.

The spin bikes are Schwinn Black wheel fixed gear bikes with a 38-pound front wheel. There is a resistance knob to add tension and make the workout as challenging as you want. There are combo pedals that accept either Look or SPD (old style), if you do not have spare pedals. **If you reserve a bike for the entire season**, you can put your own pedals/seat and leave them on the bike. That is your bike for the Indoor Group Training season.

**All spin bikes have a cycling computer to view your current speed.**