

Strength & Power for Runners & Cyclists!

This membership includes the following:

- 1x strength & power class for Cyclists OR Runners per week (see schedule & sign up for your choice!)
- 1x program to do on your own 1-2x/week
- Unlimited 3 month Gym Membership at Physique including pool & sauna

Autumn Schedule

- Strength & Core for Runners: Wed 7:30 pm, start April 20th
- Strength & Power for Cyclists: Fridays 9:30 am, start May 6th

Bike & Run Lactate Threshold Testing by appointment

Run Technique & strength/hip stabilization analysis by appointment

Membership Costs:

\$384 for 12 weeks including 1x class; 1x program & membership!

(Membership = \$240/12 weeks & Entry to training group = \$12/session.

Gym members pay \$12/session.

Classes Limited

Pre Registration Necessary!

www.valburke.com

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