

October 2016

PEDAL IN PINK

Fitness & Health

more on our website
www.chandleraz.gov/fitness

Life's a trip; enjoy the ride.

Indoor cycling can transform people's lives, whether it be improving their health, becoming stronger physically and emotionally or overcoming challenges on and off the bike. This October, join the TRC cycling community as we pedal in pink in recognition of Breast Cancer Awareness Month. Each week, the studio will be illuminated with pink lighting and riders are encouraged to come dressed in their favorite pink gear. Show your support in a healthy, active way; join us for all five special classes.



PINK PARTY RIDE

Push your limits during a calorie-torching and heart-thumping indoor cycling party. Enjoy refreshments, giveaways and prizes.

Drop-in Sa 10/1 8:15-9:15 a.m. 16 yrs+

ENDURANCE FOR ALL

Increase your endurance with spin intervals that alternate between intense pedaling and recovery periods in a workout that's tailored to suit a wide range of abilities.

Drop-in Tu 10/4 6-7 p.m. 16 yrs+

SPRINT TO FINISH

Sweat your way through a high intensity, endorphin-surged class focused on speed intervals. It's the fastest way to improve fitness levels and torch calories.

Drop-in M 10/17 9-10 a.m. 16 yrs+

STRENGTH IN NUMBERS

Work on building leg strength using our state-of-the-art Star Trac meter to gauge your output and progress.

Drop-in Th 10/20 6-7 p.m. 16 yrs+

SPECIALTY RIDE

Pumping cardio, a thumping soundtrack and more fun than you've ever had cycling indoors. No matter what your fitness level, this 60-minute party on a bike is for you.

Drop-in M 10/24 9-10 a.m. 16 yrs+

Daily Drop-In Rates Apply. Included in TRC Membership.

Mixing prevention with partying, the TRC is putting on Biketoberfest throughout October, inviting you to pedal in pink in celebration of Breast Cancer Awareness Month.

It's Time to Get Hallo-lean!

The onset of Halloween means endless bowls of candy and an increased risk of unhealthy weight gain. YIKES! Those bags of Halloween treats don't have to taunt you; sweat off a few fun-size indulgences on Saturday, October 29 at the Hallo-lean edition of Spooktacular Spin and Zombie Zumba.

TRC DAILY DROP-IN RATES APPLY

Dare to Ride!

SPOOKTACULAR SPIN

SAT., OCT. 29 • 8:15 a.m.

GET HALLOWLEAN WITH THIS CREEPY AND FRIGHTENING CLASS

TRC DAILY DROP-IN RATES APPLY

ZOMBIE ZUMBA

FITNESS IS UNDYING!

SATURDAY

OCT. 29 | 11 a.m.-12:30 p.m.

COSTUMES ENCOURAGED!