

SEMPER FIT CENTER PRESENT

# ICG CONNECT COACH BY COLOR SPIN CLASSES

11:00AM TUESDAYS & THURSDAYS

## ICG CONNECT

These classes are the new revolution in indoor cycling the focus is on

- **POWER TRAINING**
- **HEART RATE**
- **CADENCE**

Each participant will set up their FTP ( Functional Threshold Power ).  
FTP is used to personalize training zones for a more effective and  
customized workout experience, for more information call or  
come to the Semper Fit Center.



No federal endorsement implied.

