

SEMPER FIT CENTER PRESENT

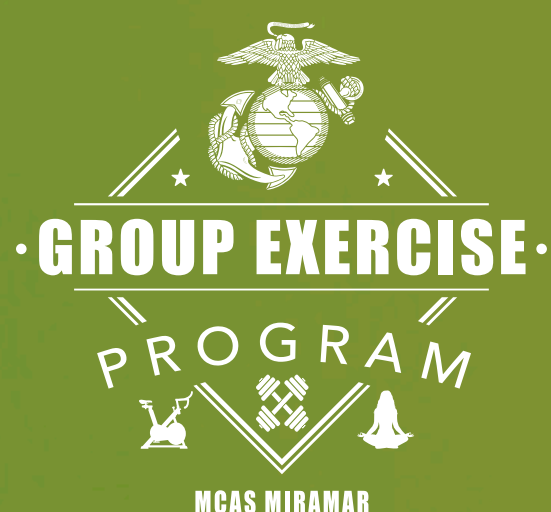
ICG CONNECT COACH BY COLOR SPIN CLASSES

**TUESDAY & THURSDAY
6:00 AM AND 11:00 AM**

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 858-307-4654 or come to the Semper Fit center.



No federal endorsement implied.

