



personal cycling training

WITH ROBIN MISSAILIDIS

ONE ON ONE CYCLING INSTRUCTION WITH A CERTIFIED CYCLING INSTRUCTOR

WHAT IS IT?

One on one training to help you achieve maximum results from your cycling workout.

WHO IS IT FOR?

Anyone looking to get started in a cycling program or improve their current workout either on the road or in studio cycling.

HOW DO I GET STARTED?

Purchase sessions at the Registration Desk or Courtesy Counter 1. Each session is 55 minutes in length. For road rides, more than one session may be required.

Fees: \$50 per session (1–3 sessions purchased)
\$45 per session (4–15 sessions purchased)
\$40 per session (16+ sessions purchased)

Contact Shannon Hughes for referral information at shughes@ymca.org or 760.942.9622 x1419.

MAGDALENA ECKE FAMILY YMCA
IT'S FOR EVERYBODY
We build strong kids, strong families, strong communities.