

Cycle Fit

Why not take the express lane to cycle fitness and join us at TRAC Cycle fit.....?

Cycling on a stationary trainer and performing a range of high intensity efforts during a 45 minute session is guaranteed to boost your cycling performance and improve your pedalling technique.

Monday & Wednesday 6am – 6.45am at the pool

Casual cost = \$12.50 (reduced with fitness pass)



What you will need:

- You will need to bring your bike along as we will position it on our stationary trainers
- Small towel and drink bottle
- Comfortable clothing for riding, bicycle knicks
- The will to challenge yourself.....!!!

While you're at it why not join us at **Swim Fit.....**

Tuesday & Thursday 6pm -7pm

Improve your swimming fitness while working on your technique. It is far more beneficial to train with a group than on your own.