



CHALLENGED ATHLETES FOUNDATION® Presents

Tuesday Night Performance and Power Cycling Class at the Deni + Jeff Jacobs Challenged Athletes Center 2nd and 4th Tuesday of every month - San Diego, CA

OPTIMUM BIKE FIT » HIGH PERFORMANCE » INCREASED CARDIO

INDOOR CYCLING CLASS (all disabilities)

Led by Peter Harsch, Level 1 triathlon coach, MPI coach, and multiple Ironman finisher
5:30pm - 6:30pm

Come learn how to use an indoor trainer to maximize your power and efficiency on the bike. This class is primarily geared towards amputees, but all disabilities are welcome (please bring your handcycle if you are an HC athlete) and able-bodied participants are welcome to join for a \$5 dollar contribution to CAF (the class is free for challenged athletes). Peter Harsch, an expert on amputee mobility and a multi-time Ford Ironman World Championship qualifier, will instruct participants on specific techniques and workouts that can improve their cycling strength and endurance.



To register contact: Travis Ricks at 858-210-3524 or travis@challengedathletes.org

The Matix Training Facility will also be available
for strength training and cardio after the clinic
(5:30pm - 6:30pm)



LOCATION:

The Deni + Jeff Jacobs
Challenged Athletes Center
Mixing Chamber/Gym
9591 Waples Street
San Diego, CA 92121

TO REGISTER CONTACT:

Travis Ricks
858.210.3524
travis@challengedathletes.org