

Take Your Mountain Biking To The Next Level!

Saturday June 12, 2010 · 9am-Ipm AND

Thursday Evenings: 6/17, 6/24 and 7/1 • 5-7pm

OR SATURDAY SEPTEMBER 11, 2010 • 9AM-IPM AND THURSDAY EVENINGS 9/16, 9/26 AND 9/30 • 5-7PM

Learn body positioning, bike fitting, climbing, descending, technical riding, bicycle maintenance and overall bike handling on Saturday and perfect it on the following 3 Thursdays! Each class will have two groups of ladies: beginners and more experienced.

Teachers: Sarah Tescher, Elke Brutsaert, Melissa Mayer

\$85 FOR SATURDAY ONLY \$200 FOR ALL 4 DAYS





