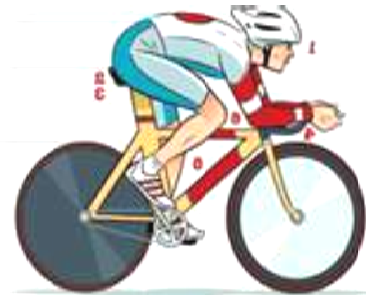


# Off-Season Fitness at Around Town Bikes

*“Flexibility and Strength for the Cycling Athlete”*



Learn:



**Cycling specific stretching techniques, “Real” core exercises, Building dynamic lower body strength, Plyometrics for power, Strength and flexibility using the gym ball and foam roller, Ride recovery with natural nutrition, New treatment techniques for injury management**

*This is an active participation workout. Come prepared!*

**Date:** March 3<sup>rd</sup> **Time:** 6:00- 8:00 PM

**Sponsored by:** Around Town Bikes

**Please RSVP to ATB:** 570-970-3008

**Cost:** FREE to all ATB customers!

*Please bring an exercise mat if you have one.*

**Instruction by:**

**Dr. Aaron Haydu**

Of Cohen & Haydu Chiropractic Clinic