



## **Coach Al's 12-week Wintertime Series of**

# **Indoor Cycling Classes**

Coach Al Lyman's Indoor Cycling Classes are legendary among Eastern CT cyclists, and are always fun and very challenging. He designs each class to be unique and progressive, to increase your skill and fitness as a cyclist. You will enjoy exciting interval combinations composed of skill-drills, super-spins, ladders, tempo, threshold and power sets, sprinting, and even some off-the-bike conditioning, all done in the company of other cyclists! *Have fun* and become a *much better* cyclist at the same time, and be ready to hit the roads when spring arrives! **\*NOTE: You do NOT need to be a competitive cyclist to attend.** Everyone who has a road bike, an indoor trainer, and the desire to improve as a cyclist regardless of your present ability, are welcome!

### **WHAT DO YOU NEED TO PARTICIPATE?**

You need to provide your own bike (any type you choose, road tires only), an indoor bike trainer, a towel or yoga mat to put under your bike during the class to protect the floor, and a water bottle to hold water or sports drink of your choice.

### **WHO IS THE COACH?**

Coach Al Lyman, CSCS, is a full-time endurance sports coach and is certified by USAT, USAC, USAS, and the NSCA. For any questions on the class or for more information on coaching, email Coach Al at: [coachal@coach-al.com](mailto:coachal@coach-al.com) or visit <http://coach-al.com>

### **WHERE – WHEN – HOW MUCH?**

Ocean Community YMCA, Mystic, CT  
Wednesday Evenings: December 2 through March 25  
(*Note: there will be no class on 12/16 and 12/30*)

**6:15pm Warm-Up / Class time is 6:30-7:30pm**  
**Space is limited! - Program Cost for 10 Sessions**

**YMCA members: \$105.00**

**All others: \$160.00**

**Walk-Ins are welcome!**

**Cost: Members: \$10.00, Non-members: \$15.00**