

BIKE CLUB

NEW for 2007

take the PBW Spin Out Challenge

**MAKE FRIENDS,
HAVE FUN & GET FIT!**

Performance Body Works is launching a new group fitness program called **Bike Club**.

Bike Club is a low impact endurance program for anyone who enjoys the outdoors and exercising in a group.

This is for ANYONE who:

- enjoys exercising in groups
- wants to get in shape or keep in shape
- wants to have fun while they exercise
- has a bike and doesn't use it
- works indoors and wants to get the most of the great outdoors

Not only is exercise good for our bodies, its great for our brain as it increases blood flow and oxygen in and out of brain, this will help you think clearer and sharper and help promote new brain cells. The vitamin D gained from natural sunlight, plus the fresh air and freedom of movement, beat the strip lights, air conditioning of the gym any day!

What is it?

Bike Club is your outdoor spin class. Out in the fresh air in a group working as a team and having fun. Speed, endurance, hills and drills designed for a fantastic workout.

When

Wednesday Evenings & Saturday Mornings

Where

Centennial Park

Don't wait a minute longer call 9398 5686 or 0423 844 014 today!

*Procrastination is
the thief of time. ~
Edward Young*

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