

# Dryland Cycling Clinics

Looking to get the extra watt on your ride? Get stronger on your hills? Get greater power in your sprints? Get the most out of each pedal stroke? Simply just want to enjoy riding more?

5 Dryland Cycling Specific Training Camps at:  
Training Solutions, 203 W. Wisconsin Ave  
Pewaukee, WI 53072

**We will be covering Flexibility/Mostability, Pelvic Core Integration, Strength, Power and Nutrition**

Saturday, December 8, January 12, February 9, March 9 and April 6  
10:30 -12:00 p.m.



**SPECIAL RATE...**  
**BUY ALL 5 CYCLING CLINICS FOR \$75!**  
*or \$20 per class*

Register online required at  
[www.trainingsolutionswi.com](http://www.trainingsolutionswi.com)