



FARTHER.
FASTER.
SAFER.

What's New in August 2019

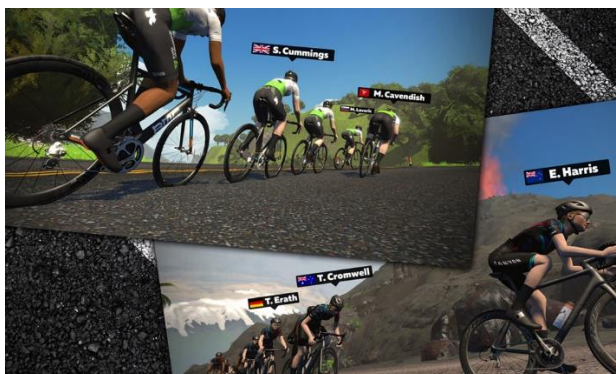


VROOM Introduces YOGA to the Studio

Yes, you read correctly--starting **August 8th**, VROOM will be offering **Yoga** with a 200-Hour Certified Yoga Instructor. We will be offering you **2 types of classes**:

- **Yoga, Ride, Yoga** (Thursdays 6:30 PM - 8:00 PM & Saturdays 8:00 AM - 9:30 AM): This class starts with 20 minutes of yoga to get you warmed up. Next, we jump on the bike for a 40-minute ride. The class ends with a 20-minute yoga cool down.
- **Vinyasa Flow** (Mondays 6:30 PM - 7:30 PM): This is a 1-hour yoga class that's appropriate for any level. We'll flow through different postures, building strength, flexibility, and balance. This class is awesome for your recovery days or to further your personal yoga practice.

Plus, as an added bonus, all yoga classes at VROOM are **only \$10** during the month of August! So come in, give it a try, and welcome in this new addition to the VROOM class lineup!



Train Like a Pro with Zwift Academy

Are you looking to get ready for an event or just want to increase your fitness? This program is for you! VROOM will be accepting **6 people** to take part in the **Zwift Academy**--a program that has been used to identify pro riders. During your training, you'll complete **8 Zwift Academy Workouts** and **4 Zwift Academy Group Rides or Races** (or go for extra credit and complete 4 group rides and 4 races) between **August 5 and September 29**. This program can fit into any schedule, as the workouts can be done individually or as a group. Reserve your spot in the Zwift Academy now.*

*Last day to signup is August 31, 2019



Get Out of the Heat this Summer

August temperatures can be rough, and it's sometimes hard to get your workout in when the California sun is beating down on you. But not to worry--VROOM has you covered! Sign up for **Monthly Unlimited Rides** for **only \$59/month*** on auto-renewal! Have a workout buddy? Sign up for our **Cycling Buddies Package** for **only \$89/month*** on auto-renewal for 2 people!

*Must sign up for a minimum of 3 months.

Studio Hours

Monday to Thursday

6 AM - 3 PM by appointment

3 PM - 9 PM appointments and walk-ins

Last appointment starts at 8 PM

Friday to Sunday

By appointment



*Copyright © *2019* *VROOM Cycling, Inc. *, All rights reserved.*

Contact Us At:

9581 Business Center Drive, Building 12-E

Rancho Cucamonga, CA 91730

ride@vroomcycling.com

909.493.5812

vroomcycling.com