



## What's New in June 2019



### Join Our 5-Day Group Mimic Fast to Lose Extra Pounds & Feel Renewed!

Interested in reducing your hard-to-lose belly and enhancing your performance? Who's not? **June 24 to 28** VROOM will be hosting a **5-day group mimic fast by ProLon**. Unlike the water-only fasts of the past, the ProLon Mimic Fast allows you to **eat a limited number of calories each day** so you're not starving yourself. How do you take part in this ProLon Fasting Party?

- 1) Stop by the VROOM studio by June 14 order your ProLon kit (which includes all the food you'll need for the 5-days).
- 2) Meet with us on Sunday, June 23 at 5:00 PM to get your kit, meet the other fasters, and go over the easy eating directions.
- 3) Meet on Wednesday, June 26, at 7:00 PM to support and chat about our results thus far.
- 4) Come on Saturday, June 29 at 10:00 AM to congratulate everyone on their marvelous job and awesome results, and receive a special gift for your efforts!



## Have you tried Zwift Fitness Zinger Group Ride?

Why did the little boy take his bicycle to bed?

...

Because he didn't want to walk in his sleep!

Jokes make for good and entertaining bike rides. Our **Zwift Fitness Zinger Group Ride** creates a fun environment where the group leader always has some comic banter in their back pocket. Come try out this intermediate ride on **Fridays at 6:15 PM for 50% off (only \$10)** during the month of June--maybe you'll even learn a new punch line or two.

\*Can't be combined with other offers

[\*\*Book Now\*\*](#)



## Earn an Easy Discount!

After last month's success with our review special, we've decided to extend it for an extra month! **Review us on Yelp, Google, or Facebook** and **receive \$10 off a ride or ride package**. Once you've completed your review, come in and show us that you've done so, and we will put the discount on your account to use whenever you like. Already have a monthly unlimited package? We will deduct \$10 from a month of your choice!

\* One discount per client

[\*\*Review us on Yelp\*\*](#)

[\*\*Review us on Google\*\*](#)

[\*\*Review us on Facebook\*\*](#)

**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

*\*Closed Sunday, June 16, 2019, for Father's Day\**



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