

There are cycling training programs...

And then there's **D.S.C.I.H.T.**



DURANGO SPORTS CLUB IN HOUSE TRAINING
A 21 week personalized Dual Peak cycling training program
offered by Chris Grotfend and the professional staff at DSC.

*** Weekly individual analysis and assessments using the RACER MATE**



***Unlimited access to spin classes, boot-camp (metabolic classes), core classes at DSC**



***Bi-weekly lectures on nutrition, motivation, body composition etc.**

***Outside training ride progression ensuring you're race ready!**

Fitness assessment, Physical Therapy Consultation, Performance Nutrition Consulting, Personalized Sport specific Core conditioning and Metabolic strength training /conditioning.

This personalized training program is not only for Iron Horse cyclists. Mastered the Iron Horse, but want to improve your time? Considering Ride the Rockies or Bicycle Tour of Colorado (6-7 consecutive days of BIG riding)? Want to conquer the Triple By-Pass? **Tell us your goal and we are committed to helping you reach it!**

This personalized cycling program has very limited availability and, like the Iron Horse, will fill up quickly. Reservations required! For more information and to reserve your spot contact Chris Grotfend 259-2579x27

Cost: \$300 / 10 test punch card *Non DSC members must purchase a 5 month membership \$150***

Name: _____ Phone: _____

Email: _____ Text OK? Y N

Tuesday, January 3rd, 6:30pm Team DSCHIT welcome/scheduling meeting, PT clinic
Mark your calendar...See you there!!

**** this membership is available only to DSCIHT participants.**

