

CORE Cycle Program - phase 1 begins Tuesday, November 1 @ 7:15 pm

# CORE Cycling @



No Drafting. No Tailwind.  
No Excuses.

CORE Cycling is Northfield's premiere program for the outdoor cyclist. A periodized program that will take cyclists through the winter months into the spring and back onto the road faster & stronger than the previous season. Indoor fluid trainers or spin bikes are available and a certified coach will lead you through each phase.



This is your time to build a solid base including endurance, strength, power, speed, VO2max and

efficiency PLUS specific core strength for cyclists.

The ideal training program for any athlete is one that is challenging enough to result in continual improvement, but is not so taxing that it results in illness, injury, or over-training. Achieving this delicate balance can be difficult without some guidance .

Let us provide the coaching to turn any of your weaknesses into "nothing is impossible"



## FAQs

### • What is CORE Cycling?

Northfield's program is a periodized format. Each 6-week program focuses on a particular phase of training—a **60 minute session on the bike** followed by a **core strength workout** to get each cyclist ready for the spring season.

### • When is CORE Cycling offered?

Tuesdays @ 7:15 pm AND/OR  
Thursdays @ 7:15 pm for 75 minutes.

### • How long will CORE Cycling run?

There will be three 6-week phased sessions as follows:

*Foundation Phase*—Nov 1-Dec 8;

*Build Phase 1*—Jan 3-Feb 9; and

*Build Phase 2*—Feb 21-Mar 29.

### • How much is the CORE program?

The cost of the program varies for members & non-members (coaching only or facility use) as follows:

1 day per week — \$36/\$72 + hst

2 days per week — \$69/\$137 + hst

**Note:** drop in possible based on availability for \$10/\$15 per session.

### • Do I bring in my bike or use a Spin bike?

Northfield has 10 fluid trainers that will be available to program registrants BUT if you prefer a spin bike just let us know. Trainers are available to the first ten registrants only.

### • Do I need to register for CORE?

Yes, you will need to register and pay for each 6 week session unless you are just dropping in.

### • What if I just want to ride with my group of roadies?

Private group bookings are available upon request. Call for more information.

For more information or to register contact **Kelly** @ Northfield Racquet & Fitness

**519-884-7020** or [kelly@northfieldclub.com](mailto:kelly@northfieldclub.com)