



**EVERETT PHYSICAL THERAPY**  
**SPORTS PERFORMANCE CENTER**  
AN IRG AFFILIATE

# *Precision Cycling*

**Mondays & Wednesdays 6:30am-7:30am**



This cycling class is sure to take your fitness to the next level! Experience how expert instruction and guidance can keep your heart pounding, legs pumping, and get your energy level revved up for the day! With various drills that simulate the outdoor riding experience; from hills to flat land, from jumps to sprints this class has it all. Set to motivating music, there's no more fun and exciting way to work up a sweat. Whether you are new to indoor cycling or a seasoned outdoor rider, there is something for everyone. Come take the challenge. Join us for an hour of power!

We ride Mondays and Wednesdays from 6:30-7:30am.  
Be sure to bring a water bottle and a desire to move.

## *Precision Cycling*

Location: 1502 Hewitt, Everett

Dates: Mondays & Wednesdays

Time: 6:30 am – 7:30 am

Cost: \$80.00 month unlimited or \$10.00/session drop in rate

**Sign Up Today Call 425-252-3908 Space is Limited!**

**Call Everett Physical Therapy & Sports Performance Center  
to sign up**

**425-252-3908**

**[www.everettpt.com](http://www.everettpt.com)**

**Specializing in Sports Injury & Sports Conditioning**