



SPINAL ALIGNMENT FLEXIBILITY CORE STRENGTH

YOGA FOR CYCLING PERFORMANCE

ALL RIDERS, ALL LEVELS

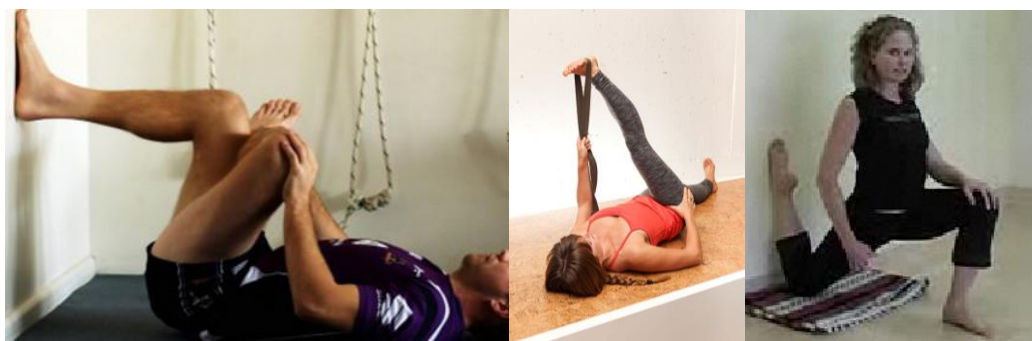
WITH PRO CYCLIST / WORLD MEDALIST
LESLEE SCHENK TRZCINSKI

Led by two-time cycling world championship medalist and multi-year US national team member **LESLEE SCHENK TRZCINSKI.**



As a pro for the 7-Eleven and Lowrey's-Lowenbrau cycling teams, she used yoga, visualization, nutrition and recovery techniques to optimize her racing career. Now a certified yoga teacher (and USA Cycling certified coach) she places a focus on alignment, posture, injury prevention and performance optimization. She is also a former record-holding swimmer, champion triathlete, marathoner and equestrian.

www.tuneyoga.com



Pro cyclists, triathletes, others turn to yoga and sing its praises... **the benefits are clear.** You overtax some muscles, underutilize others, impacting power, speed, strength – even **enjoyment** – on the bike. You'll see **direct application** to your riding **performance.**

Day / Time / Location

- Location: Full Moon Vista Bike & Sport - 1239 University Ave. Rochester
- KICK-OFF: Sat, Jan 20 (8:00am – 9:45am)
- Three Wednesdays: Jan 24, Jan 31, Feb 7 (6:30pm – 7:30pm)
- Three Saturdays: Feb 3, Feb 10, Feb 17 (8:45am – 9:45am)

Rate

- KICK-OFF + any three classes: \$45
- KICK-OFF + all six classes: \$75
- Walk-in for kick-off: \$25
- Walk-in for hour class: \$15/class

Register with Full Moon Vista

By phone – (585) 546-4030

In-person – at Full Moon Vista (1239 University Avenue, Rochester 14607)

Details

- NO prior yoga experience necessary. Bring your own mat (some provided.)
- Don't eat a large meal at least 1 hour prior. Bring water.

