

Iron Horse Training schedule
Classes start on December 1st, 2009
Training on spin bikes inside December 1st to March 31st
Group rides outside-April 1st to May 22nd

Durango Rec Center

You will need to register at the Rec Center for the Iron Horse Training program. Your \$325 fee includes admission to any or all of the following classes:

Monday, Tuesday, Wednesday, Thursday and Friday at 7:00 a.m.
Monday, Wednesday and Friday at 1:00 p.m.
Saturday @11:15 a.m.

Outside rides starting in April.

Anytime Fitness at Three Springs

You must be a member of the club and pay \$325 for the Iron Horse Training Program. Class times are Monday, Wednesday and Friday at 6:15 a.m.

Outside rides starting in April.

Checks are payable to:
Durango Mountain Bike Camp
4166 County Road 203
Durango, Colorado 81301

The Hub Training Center —location for Advanced Iron Horse Training

This is a new training facility located at 489 Florida Road in the old Curves location, next to the Lutheran church across from Chapman Hill.

Price for the advance morning program is \$415.00

We will offer **Advanced Iron Horse Training** at this facility.
Monday, Wednesday and Friday @7:15 a.m. and Saturday at 9:00 a.m.
The club is owned by Chris Wherry.

Featuring Computrainers and Cyclops machines to measure power, cadence and heart rate. **Space is limited at The Hub Training Center.**

The evening class is sold out at this time.

Checks are payable to:
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4166 County Road 203
Durango, Colorado 81301

