

FALL/WINTER 2011-2012

GEARS MISSISSAUGA INDOOR CYCLING SCHEDULE

Call 905.271.2400 to book your spot.

GEARS Bike Shop has a fantastic amphitheatre-style indoor cycling studio for you to enjoy your favorite workout! Come cycle in style with our excellent group of indoor cycling instructors. Reserve your spot now by calling **905.271.2400**. Classes are held at GEARS Bike shop on the northwest corner of Lakeshore Road West and Mississauga Road in Port Credit.

COST:

\$10.00/Class = 1 hour

Card of 15 Classes \$9.00/Class = \$135.00 + HST

Card of 30 Classes \$8.00/Class = \$240.00 + HST

Full Time Membership / \$450.00 + HST (6 Months)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yvonne 9:30 am	Joanne 6:00 am	Joanne 6:00 am	Joseph 6:30 pm	Mitch 6:00 am	Andrew 8:30 am	Mitch 8:30 am
Andrew 6:00 pm	Pam 6:00 pm	Andrew 9:30 am		Kevin 9:30 am	Andrew 10:00 am	Neil 10:00 am
Andrew 7:30 pm	Darren 7:30 pm	Eve 6:00 pm				
		Neil 7:30 pm				

GEARS MISSISSAUGA - 905-271-2400

176 Lakeshore Road West, Mississauga, ON

GEARS TORONTO - 647-729.2500

109 Vanderhoof Avenue, Toronto, ON



For more information visit GEARSbikeshop.com