

GEARS Performance Centre

a cycling-specific training environment



The GEARS Performance Centre, led by Dr. Greg Gannon, is a cycling-specific training environment designed to improve the health, fitness and cycling performance of the casual to more competitive cyclist. The Centre offers indoor cycling and off-bike conditioning studios, state-of-the art physiological and biomechanical assessment services, advanced training methods, certified coaching services and year-round seminars and outdoor clinics to help anyone improve their fitness both on and off the bike. Whether you are a casual rider looking to build endurance for an upcoming charity event or Gran Fondo, a multisport athlete, or an aspiring competitive cyclist – the GEARS Performance Centre team will help you to realize your individual goals.

Indoor Cycling Programs

Indoor cycling is the core of the GEARS Performance Centre and to keep you on your bike during the winter months we have developed several training options to meet your needs.

SPIN BIKE TRAINING

Leave your bike at home and join us to ride one of our regularly scheduled Instructor-led group spin sessions. Whether you're a new mom, a veteran athlete, a cycling champion, or someone who's decided that fitness is a better way to be, it doesn't matter, it will be fun and satisfying and you are all invited. Each Instructor-led session is 60-min in duration and varied with respect to intensity and Instructor style.

NOTE. Our spin bikes can also be reserved for individual 60-min self-guided training sessions during hours outside of regularly scheduled group sessions.

Spin Studio Pricing

TORONTO	
Single-Session: \$18	Studio Rental: \$350
10 Pass: \$150	(24 Bikes, and includes Instructor)
Unlimited-Monthly: \$199 ⁹⁹	

STUDIO RENTALS

Do you belong to a cycling club or ride group? Are you looking for a place to call home for your winter training? If so, our Spin Bike Studios and Power Studio are the perfect environments to bring your group together to ride indoors. Call or drop by to speak with our staff about the options available.

Studio Rental Pricing

TORONTO POWER TRAINER (10 STATIONS)	\$225/90 minutes
TORONTO SPIN STUDIO (24 STATIONS)	\$350/60 minutes

POWER-BASED TRAINING

Instructor-led program. Bring your bike to Gears Toronto and experience the advantage of training with power in an Instructor-led group setting. Utilizing the industry-leading power-based Computrainer, riders of all levels can train in a group setting at intensities that are normalized for each participant.

Our group-based sessions will follow a periodized training plan designed by Dr. Greg Gannon, structured to improve all areas of your cycling performance. Participants have a choice between once, twice or three times per week riding schedules. Each instructor-led session is 90-min in duration. Training sessions are normalized for participants according to their own **individual fitness profile**.

➔ *If you don't know your current training zones, participants are encouraged to schedule a physiological assessment to determine their own individual training zones and fitness profile.*

Program Pricing Per Sessions Per Month

1x/Week	2x/Week	3x/Week
\$100/Month	\$180/Month	\$240/Month

Self-Guided Training. Bring your bike to GEARS Mississauga or GEARS Toronto and experience the advantage of training with power. If our regular group-based sessions don't fit into your schedule, no problem, our Tacx virtual-reality trainers and Computrainers can be reserved for 90-min training blocks anytime during regular store hours (outside of regularly scheduled group sessions).

Self-Guided Pricing

TORONTO (18 Trainers 10 CompuTrainers & 8 tacx Flow)	MISSISSAUGA (8 Tacx Flow Trainers)
Single-Session: \$20	Single-Session: \$20
10 Pass: \$150	10 Pass: \$150
Unlimited-Monthly: \$199 ⁹⁹	Unlimited-Monthly: \$199 ⁹⁹

**CALL 647-729-2500
TO BOOK YOUR
SPOT TODAY!**

ALL PRICES ARE SUBJECT TO HST

PHYSIOLOGICAL ASSESSMENTS

Training with precision requires an understanding of your physiological response to exercise. This response is highly individual and is determined through standardized measurements of specific variables, such as heart rate and lactate, while exercising at progressively greater workloads. Physiological assessment is the foundation upon which all effective training strategies are based and progressively modified.

The Gears Performance Centre offers two levels of physiological assessment, Standard and Enhanced, that are differentiated by the depth to which we examine your physiological response to exercise.

STANDARD ASSESSMENT - \$150

The Standard Assessment is commonly referred to as a Lactate Test. Lactate testing is designed to accurately determine individual training zones based on your blood lactate response to increasing workloads. This assessment will also provide an objective means by which to benchmark and monitor your fitness levels.

ENHANCED ASSESSMENT - \$350

The Enhanced Assessment takes a more thorough look “under the hood”. By incorporating oxygen and respiratory analysis, Dr. Gannon determines specific performance limiters that are holding you back from optimal fitness and performance improvements. We all have limited time to train, this assessment will give you laser-guided precision on where to spend your valuable training time, ensuring a maximum return on investment. This is a great opportunity to spend one-on-one time with Greg and explore how your body responds to exercise and determine what parts of your engine potentially need a tune-up. A one-hour follow up consultation with Dr. Gannon is included in the assessment fee.

COACHING

Individualized training plans and personal coaching options are available. Please contact Dr. Greg Gannon at greg@gearsbikeshop.com to learn more about your coaching options.

BIKE STORAGE

GEARS offers bike storage for \$20/month. Keep your bike clean, safe and readily available for your training sessions this winter.

Studio Schedules

GEARS Mississauga Spin Studio - Call 905-271-2400 to book your spot

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 am	6:00 am	6:00 am	6:30 pm	6:00 am	8:30 am	8:30 am
6:00 pm	6:00 pm	9:30 am		9:30 am	10:00 am	10:00 am
7:30 pm	7:30 pm	6:00 pm				
		7:30 pm				

GEARS Toronto Spin Studio - Call 647-729-2500 to book your spot

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am	7:00 pm	12:00 pm	6:30 pm	6:30 am	8:30 am	10:00 am
12:00 pm		6:30 pm		9:30 am	10:00 am	
				12:00 pm		

GEARS Toronto Power Studio - Call 647-729-2500 to book your spot

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 am	6:00 am	5:45 pm	5:30 am	8:00 am	10:30 am
	5:45 pm	5:45 pm	7:45 pm	Private Club Session	10:30 am	
	7:45 pm Private Club Session					

Currently we are only offering Instructor-led sessions for the Power Studio in Toronto. Please call 647-729-2500 to book your spot.