

# DavFit's Cycle Studio

**\*New for Spring 2020\***

**Day and Time:** Wednesday 8:15-9:15pm

**Duration:** 10 weeks

**Price:** €50

**Tutor:** David Kidd (DavFit)

Classes delivered by:



## Course Description

DAVFIT Cycling is a fully immersive indoor cycling experience. Suitable for all levels of cycling experience, beginners to experienced we tailor the session to your level.

DAVFIT use the latest in performance software and cycling sessions designed to improve your overall health and cycling ability. Get interactive and track your progression with follow up e-mail report of your session. How fast can you go? How far can you cycle in an hour? How much power do you put out?

With your own bike mounted to a tax smart indoor turbo trainer we track it all and send it to you. All you need is a bike, towel, a drink and plenty of motivation and energy and we provide the rest.

Dark, Cold, Frosty outside - no problem. Too much traffic - no problem. Come indoors with us and burn fat, get fit and most of all have fun in a friendly, safe and energetic environment.

BE FIT- BE DAVFIT



St Colmcille's Community School, Scholarstown Road, Knocklyon, Dublin 16  
01 4953882 • [adulted@stcolmcilles.ie](mailto:adulted@stcolmcilles.ie) • [www.knocklyonadulted.ie](http://www.knocklyonadulted.ie)



[Stcolmcillesadulted](https://www.facebook.com/Stcolmcillesadulted)



[@KnocklyonAdEd](https://twitter.com/KnocklyonAdEd)

**Enrol Here**  
With Easy  
Payments Plus