

Stretching after cycling??



Come and learn the benefits of stretching and strengthening exercises for improved performance and injury prevention!!



Lucy and Kim from Churchyard physiotherapy are offering sessions which take you through a variety of stretching and core stability exercises to help improve your cycling.



COST: \$20 for two sessions (includes a one hour initial session and a follow up session in one month for progressions).

TIME: 7pm Marist clubrooms

WHAT TO BRING: drink bottle, yoga mat (if you have one)

CONTACT either:

Lucy 06 3548008(w)

Kim 0272 007 439

Email – kimfin@xtra.co.nz



DATES

24th March 2011

18th April 2011

12th May 2011

WINTER BREAK