



## Super Double Spin4 – Cycling, Pushing the Boundaries

*By popular demand, here comes Super DoubleSpin 4!*

**Saturday 26<sup>th</sup> November 1.00 – 4.00pm at St Pauls Community Sports Academy, Newfoundland Road, Bristol BS2 9NH.**

**Two back to back 90 minute rides with Spinning Team Presenter Les Antoine**



Two powerful passion filled rides, focussing on technical awareness to help you make the most from your efforts and improve your cycling and training performance.



Discover how to:  
Ride utilising your total muscle power  
Challenge yourself beyond your defined limits  
Learn how to control your efforts and maximise your potential



*This session will ensure you get the results that your training deserves*



**Don't miss out, book a place today!**  
Only 17 bikes available per ride - first come, first ride basis!!

Cost: £6.00 per bike

To book a place:

Phone Les on 07804 795655 or email at [les@lesantoine.com](mailto:les@lesantoine.com)

To get the most out of the ride bring drinks bottles, snacks, towel, heart rate monitor and padded shorts or a seat cover.

Info about Les: [www.lesantoine.com](http://www.lesantoine.com)



**SPINNING®**