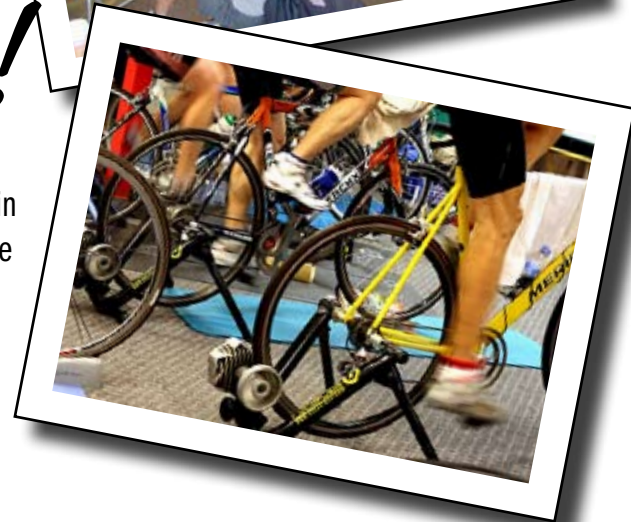




Mini Indoor Marathon!



The folks promoting **Beat the Clock and Help Beat Cancer** are offering a really fun way to get some great fitness during the off season in order to strengthen your core. This training will make all the difference come spring and summer. Classes include core circuit training, strengthening and the indoor peloton. The classes are half or full hour in duration. The series offers some vigorous cycling sessions, alternating with classes that address tone and balance.

Date Feb. 10 - Sunday
Time 9:30 - 5:00, Sunday Feb. 10, 2008
Place Integrate Training Studio 2624 Fayette Drive · Suite D · Mountain View, CA (650) 224-4354
Fees 1/2 classes - \$10. full hour \$20.
Cycling Bring your own bike and trainer.

Proceeds go to Lance Armstrong Foundation

Events	Times
Cycling	9:00-10:00AM (Peggy Prendergast)
Stretching	10:15-10:45AM (Al Painter)
Cycling	11:00AM-12:00PM (Debra Paulsen)
Core Training	12:15-1:15PM (Al Painter)
Cycling	1:30-2:30PM (Karin Jeffery)
Core/Stretch	2:45-3:45 (Christie)
Stretching	4:00-4:30PM (Christie)

All Day Price \$95!
6 classes + refreshments

Raffle!
Really cool prizes, \$1 a ticket,
need not be present to win



For the latest schedule visit: <http://www.integratefitness.com/>
For the latest BTC information visit: <http://beattheclock.scaledup.com/>
Call Patt @ (650) 851-7621 patt@scaledup.com
or Al @ (650) 224-4354 for more information.



Walk-ins welcome. Call or email to reserve a spot.

