

# Interested in a cycling classes with



## Who we are:

Erik and Kathryn both grew up in the Rochester area and saw a unique gap in the fitness industry. They have both always led active lifestyles and jumped at the chance to have their own fitness business. They are both fully insured, Spinning certified instructors.



## WHAT IS PACELINE CYCLING?

Paceline Cycling is Rochester's first mobile indoor cycling studio. The idea behind Paceline Cycling is to bring the fun energy of an indoor cycling class to unique locations around Rochester.

## WHAT TO EXPECT?

You can expect a challenging 45 minute cardio workout that challenges your body as well as your mind. Your instructor will help motivate you with a playlist designed specifically for each class and encourage you to push yourself farther than you thought possible. Our classes are for beginners all the way through experienced cyclists. The bikes are SPD compatible, but regular sneakers work great too! If the space allows it, we also allow for cyclists to bring their own bikes and trainers.

## Pricing:

**Single Class - \$13**

**4 Class Pass - \$45**

## Class day/time:

**All days will have two classes at 4:30 & 5:30**

**Monday - 12/11**

**Wednesday - 12/20, 1/3, 1/10, 1/17**

## WHERE DO WE GO?

Anywhere!! You can find Paceline Cycling at your favorite breweries, fitness stores, festivals and parks! We work hard to bring Paceline Cycling to exciting and unexpected places around Rochester. Have a great spot where you would like Paceline Cycling to hold a class? Let us know! We love working with business around Rochester and always welcome new suggestions and requests!

## HOW TO REACH US

**(585) 200-6287**

**[pacelinecyclingroc@gmail.com](mailto:pacelinecyclingroc@gmail.com)**

**[www.pacelinecycle.com](http://www.pacelinecycle.com)**

**[www.facebook.com/pacelinecycle](https://www.facebook.com/pacelinecycle)**

## HOW DO I SIGN UP?

You will need to register for every class on Eventbrite.

<https://www.eventbrite.com/e/paceline-cycling-at-3cc-tickets-38011730108>

Use password **paceline@3cc** to gain access to classes

Each event will have options for a single class at \$13 or a 4 class pass at \$45. When you purchase a multi class pass, you will be registered for that class date and time you select when you purchased it (Example: You bought a 4 class pack for a Wednesday at 5:30, that is your 1<sup>st</sup> class. You will have 3 remaining classes after that). After you purchase your pack, you will receive a personal code to enter at check out when registering for other classes. If you have any questions or problems with registration, please email us at [pacelinecyclingroc@gmail.com](mailto:pacelinecyclingroc@gmail.com)

\*Class packs expire 3 months after purchase