

Scott's Offseason FREE Spin Class



The second annual Space City Cycling Club Spin class is scheduled to start this year on Tuesday, November 8 at 7pm. This is a great way to keep up your fitness and a good time to meet your fellow riders. The class is free but you need a stationary trainer --->



This is a class designed to improve your pedal stroke, raise your endurance, improve your strength, and give you a head-start in spring...



You will need a plain straight skewer for your rear wheel like above, your cleats, gloves, trainer and of course your bike. We will ride programmed workouts of about an hour which will increase in intensity as the class progresses.



Classes are each Tuesday & Thursday at 7pm sharp and warmups begin at 6:30. We meet at Bob Miller's Barn in Pearland.

For info/directions email: SpaceCityCycling@att.net