

2012 Winter LITC PowerSpin Classes with Core Strength & Conditioning Program



WHAT: PowerSpin: High energy, challenging and fun group spin classes led by LITC Head Coach José López. Spin classes will provide a variety of interval training, power and conditioning throughout the winter indoor season to keep you in shape and motivated while complementing your other training. An additional 20 new spin bikes have been purchased!

Core Class: Led by Lisa Hiller with proper warm-up, core conditioning, plyometric exercises, and strength and mobility training to develop your muscular strength and endurance base, improve both fast- and slow-twitch muscle fiber recruitment, and decrease risk of injury to give you that competitive edge for success this coming season!

SCHEDULE: Wednesday SPIN class from 6:30-7:25PM, followed by CORE session from 7:30-8:15PM
Saturday SPIN class from 7:00-8:00AM, followed by CORE session from 8:15-9:00AM
Note: Saturday spin class time will become progressively longer through the winter

WHERE: Optimus Fitness, 333 Earle Ovington Boulevard, Uniondale, NY 11553
(located in lower level of Omni building at southwest corner of Earle Ovington & Charles Lindbergh Boulevards; between Nassau Coliseum, Hofstra University and Nassau Community College)

COST: \$120 for TEN (10) spin classes. Punch cards will be issued for spin classes. Individual spin classes are \$15 each. Payment by check or money order to Long Island Tri Coach (or cash, exact amount only please). Consider bringing your OWN bike & d trainer and pay only \$7 per spin class. If and when you purchase a ten-class punch card, you can RESERVE a PERMANENT class spot. However, if you are unable to attend a class, you MUST notify LITC staff in advance (or you may be charged for that missed class). If you choose not to purchase a punch card, you can sign up in advance for each class via email (powerspinclass@aol.com), advising staff of your spin class date selection.

NOTE: SPIN and CORE are separate classes with separate payments.

REGISTER: PowerSpin and core class registration and payment will take place Wed Nov 16 and Sat Nov 19, 30 minutes prior to class start time, and will continue to be offered until classes are full. Registration is on a first-received basis with permanent punch card participants receiving priority. Bring payment and the attached fully executed registration form.

BRING: Hydration, hand towel, cycling shorts, bike shoes or regular sneakers, and your enthusiasm!

QUESTIONS: Direct inquiries via email (preferable) to powerspinclass@aol.com (or call 516-520-7223).

Lisa Hiller (www.lisahillierfitness.com) has an MS in Exercise Physiology and was a New York State certified physical education teacher in the Syosset and Roslyn school districts. She is an avid runner having completed nine marathons, countless half marathons and shorter road races, and has many triathlons to her credit. Lisa is a private strength and conditioning coach, a Level 1 ASCA certified swim coach, the Fitness Education/Sports Medicine Chairperson for Metropolitan Swimming, serves on the USMS National Sports Medicine Committee, and holds additional certifications in Heus Method ProBodX, Egoscue Postural Therapy and CrossFit training.

2012 Long Island Tri Coach PowerSpin & Core Class Registration Form

Print First & Last Name _____

Address _____

H Phone (_____) _____ - _____ W Phone (_____) _____ - _____

Cell Phone (_____) _____ - _____

E-Mail Address _____

Affiliation (circle): TRE LITC AQFT Other (specify) _____

NEED SPIN BIKE (circle)? YES NO Optimus Fitness member (circle)? YES NO

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This section to be completed by LITC staff

Date ____/____/____ Amount Paid \$ _____ Cash Check # _____

Registered for _____ # of classes

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