

INDOOR CYCLE

FIND YOUR FUNCTIONAL THRESHOLD POWER

**SUNDAY,
MARCH 17TH**

**WONDERING WHAT YOUR WATTS MEAN?
WONDERING WHAT THRESHOLD MEANS?
HERE'S YOUR CHANCE TO LEARN & TEST IT OUT.**

LOCATED IN STUDIO 2
WITH SARAH TREJO

7:30 - 8:30AM

THIS IS A FREE CLASS

Join Sarah in this hour-long class where she'll explain what Functional Threshold Power (FTP) is, why it matters, and lead you through a field test to find out what your threshold is. Additionally, the threshold you test at will be used to calculate specific training zones in watts, which will be given to you the week after class.

Finding your FTP can be an important piece of managing training and measuring progress. It can be raised through training, and can be evaluated periodically. Come join this free class and learn how you can maximize the time you spend in Studio 2!

QUESTIONS? CONTACT SARAH AT SARAH@AIRPORTCLUB.COM OR 707.328.0305