

Bike Skills Clinics

On January 31st and February 1st IMBA certified instructor, Jay Thomas, will be teaching 1 beginner and 3 intermediate skills classes at Alafia River State Park. Classes will be \$40 each and limited to 8 people per class.

What you'll learn:

Beginner:

- **Body Positioning**
- **Bike and Body Separation**
- **Braking**
- **Front Wheel Lifts**
- **Cornering**

Intermediate:

- **Cornering**
- **Rear Wheel Lifts**
- **Level Lifts**
- **Roll Downs**
- **Drops**



**Reserve your spot online today!
On our home page click on
Online Store then on the drop
down, click on Anniversary Bike
Clinics.**

Class Schedule:

- **Saturday January 31st 2015**
 - **9am-11am Intermediate Class**
 - **1pm-3pm Beginner Class**
- **Sunday February 1st 2015**
 - **9am-11am Intermediate Class**
 - **1pm-3pm Intermediate Class**

Payment due at time of purchase and refunds only available if we can fill your spot.