



## **Thank you for inquiring about Cadence Tyger Valley:**

### **THE CADENCE™ Workouts is more than just cycling:**

Cadence™ classes are designed with cycling physiology in mind, developing the cardiovascular system and leg muscles for maximum performance and fitness.

### **Maximum Calorie Burn:**

With the specially designed Cadence™ workout we'll help you maximise your calorie burn in our 1 hour sessions.

Classes are suitable to all ages and fitness levels – from beginners to advanced – with a fun approach and great music. All classes are conducted by inspiring, approachable, energising coaches who will push you to your limits but you'll feel amazing when you're done – guaranteed.

In our 1 hour classes you'll receive training like no other. Short and efficient – that's what it's all about at Cadence™. Visit the studio today or contact us to learn more.

### **FTP TEST:**

All new members have to book and do an FTP test, before one can start to join classes, because the result of the FTP test will be used to create your power profile – with which you will be doing classes. The test consists of: 10 minutes warm up, 2 x 1 minute intervals, with rest in-between & then your best for 8 minutes!

After the FTP test we allow 1 Free Trial Class, for new members to get a feel of the classes and how it works.

***Please let us know when you will be able to do a FTP test? So that we can arrange with a trainer.***

### **Studio Bikes (CycleOps):**

All bikes have double sided pedals, which is compatible with SPD Shimano MTB cleats / Flats, normal pedals for tekkies.

### **Each bike:**

Has its own Samsung Tablet, on which the App Selfloops (Indoor Training) is used to login/track and save your workout, if you have a HR Strap please bring it with. We will pair it with the tablet.

### **Our class times are:**

Tuesdays and Thursdays 16:00 -17:00

### **What to bring:**

Your own towel, water bottle and cycling shoes or tekkies. Heart Rate strap if you have one. You are required to clean your own bike once you have finished your session. Sanitizer and towels will be provide to clean the bikes.

Shop 104 - \_Suntiger Building - Willie Van Schoor Dr. - Tyger Valley

Alex Kruger 082 496 7297 / [info@cadencetygervalley.co.za](mailto:info@cadencetygervalley.co.za) / [www.cadencecycling.co.za](http://www.cadencecycling.co.za)



**Schools Membership Packages:**

Twice a week R650.00 per month – includes 2 sessions per week / 8 sessions per month (Which is the ideal and recommended amount of HIIT sessions per week)

Once a week R400.00 per month – includes 1 session per week / 4 sessions per month.

**Prorate Packages:**

Purchase 10 session for R 1200. Sessions / package is only **valid for 3 months**. Sessions can be use within our class times. Payment must be made upfront.

**Class bookings:**

We make use of the App called Octiv for all class bookings. <https://octivfitness.com/>

All members have to sign up on the App, once we receive your profile and approve it, you can book online on the App to secure a spot in the class. You will be added to a WhatsApp group for more information regarding the classes.

**Cancellations:**

Classes can be booked or cancelled on Octiv up to 2 hour before it starts.

Each package has a limit to the amount of classes you can book, so in the case that you cannot attend a class you have booked, we ask that you cancel it, in order to redeem your booking for when you can join later that week.

***BUT if you are not able to join your package amount of classes per month, it does not become credit for the next month, it falls away.***

**Invoices:**

All our invoices are sent via the application Octiv in an email on the 25<sup>th</sup> of each month.

Invoice are payable upfront on or before the 5<sup>th</sup> of each month.

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