

**Rebound Sports Performance
Presents**

**5 TUESDAYS
IN SEPTEMBER**

September 2nd through 30th. 6PM

CYCLO-CROSS CLINICS

Whether you are training for the Thrilla up the Hilla, the Cross Crusade or just want to learn about cross. Come join the Rebound Sports Performance team and cyclo-cross veteran Bart Bowen, for this fun, informative, cross clinic series. This 5 week series will show you techniques on dismounting and remounting, cornering, dealing with barriers, run-ups, and more. All while building speed, power, and strength for the upcoming cross season.



Featuring

- ◆ **Mounts/Dismounts**
- ◆ **Barriers**
- ◆ **Speed drills**
- ◆ **Technique overviews**
- ◆ **Training tips**

Clinics will meet every Tuesday in September, at the Westside Rebound Physical Therapy at 5:45PM. Clinic locations will vary.

Cost: \$10 per clinic or \$45 for all 5 weeks,
Sign up at www.reboundspl.com

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