



ABSOLUTE ENDURANCE EVENTS

Triathlon Boot Camp

8 Week Triathlon specific training camp hosted by Al Chud & Jay Walker.
Work on improving your strength and endurance for your summer races!

Held on Monday's and Wednesday's from 7-8:30pm

Free for **ALL** Absolute Cycling Members. Non-Member fee \$150 for one night a week for 8 weeks or \$250 for two classes a week.

TRANSITION CLINIC

Need to work on your transition times? Come have Absolute Endurance improve your time and teach you how to become more efficient and improve your overall race times!

Hosted on **Monday July 12th** at AETT

At 6-7am **OR** 6-7 pm

Sign up is mandatory, limited spots available.

Free for **ALL** Members, Non-Member fee of \$25

Outside weather permitting. Rain date July 19th. Your equipment is optional.

Call to book *your* spot!

(416) 483-2388