

#### MEMBERSHIP BENEFITS

# MEMBERS / PAYABLE IN ADVANCE R1140 PER TERM

NO MEMBERSHIP FEES FOR MOMS

## MOMS REGISTER FOR FREE

No Membership Fees for Moms

### 

- $\cdot\,$  Standard 4 Sessions per Month Included In Membership
- $\cdot$  Groups can consist of Up to 15 Riders
- $\cdot\,$  Standard Conditioning Programme Available on request
- 1 x Free Assessment
- Coaching upgrade packages available on request
- Refer to website for coaching venues

#### **APPAREL**

- C2R cycling apparel available at events
- Brochure on website or mail suneth.K01@cycle2ride.co.za for more info.

#### DISCOUNTED RATES FOR EVENTS

 $\cdot$  50% off entry fees for C2R hosted events.

# 





term

R2100 /

R3240 / term

# WWW.CYCLE2RIDE.CO.ZA

# START YOUR CYCLING JOURNEY WITH C2R



# CONTACT

@Cycle2Ride f @cycle\_2\_ride 0 +27 87 284 6994 info@cycle2ride.co.za www.cycle2ride.co.za

**C2R** is an initiative that aims to promote cycling as a medium for family cohesion, relaxation, fun, and possible career choice for those truly interested in becoming professional athletes.

# - Personalised Coaching

ONLINE

### ONE-ON-ONE COACHING 12 SESSIONS

- One-on-One Training
- Personalised Training Programme

PERSONALISED COACHING

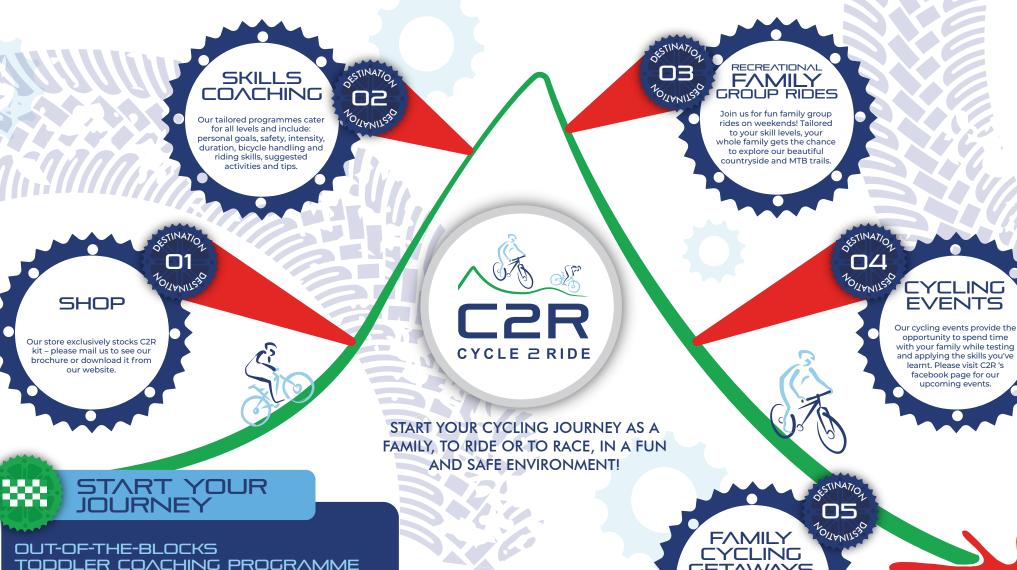
UPGRADE OPTIONS

UPGRADE

OPTIONS

PAYABLE IN ADVANCE

- Off-the-Bike conditioning with Biokineticist



Our toddler programme was designed for toddlers in Group 5 and Grade R by Stadio's Faculty of Education. Offered at selected schools.

# MEMBERSHIP REGISTRATION

Start your journey with C2R by registering as a member online and receiving your first coaching assessment.

# GETAWAYS

Take the whole family on cycling adventure weekends (tailored to your skill levels) on our family cycling getaways/expeditions