



LIV WOMEN'S STRETCHING FOR CYCLISTS CLINIC

- Learn post-ride stretches that will help relieve tension & soreness in muscle groups that tend to get overused by cycling.
- Discover strengthening exercises that will build arm & abdominal strength essential to being a stronger and more efficient rider.
- Bring a towel or a yoga mat, and wear comfortable clothes.
- Free refreshments and give-aways!
- Papillon Cycles will offer 20% off apparel and accessories, and 10% of Liv bicycles!

date

**TUESDAY
10/14/14**

location

**PAPILLON CYCLES
2809 COLUMBIA PIKE
ARLINGTON, VA 22204
703-920-9494**

time

7:00 - 8:00 PM

presented by

Liv

