



iCYCLE6

Saturday 3 Nov
11:00 - 17:00
 (registration at 10:00)

Westminster Lodge Leisure Centre, Holywell Hill, St Albans

Are you tough enough to take on iCYCLE6?

A six-hour indoor cycling challenge, in support of our chosen charity of the year, Mind.

- World-class presenters from across the globe
- Club-inspired atmosphere with high-energy pumping music
- Perfectly choreographed routines
- Live entertainment
- Easy access venue, changing facilities, parking and café
- Get fit and help a great cause at the same time!

All participants
 will receive a
 goody bag and
 refreshments!

© 2013 Mind We're a registered charity in England (no. 219830) and a registered company (no. 424348) in England and Wales.

Book your bike today by calling 01923 555 066
 or visit www.cyclezonestudio.com

