

FREE INDOOR TRAINER WORKOUT SESSIONS

Bike Medicine invites our customers and friends to participate in free nightly stationary workout sessions at our Southwest Houston warehouse.

Starting in mid-November, we will have nightly weekday stationary trainer workouts in our warehouse. This will be a structured and progressive program that will last until the start of race season in early March.

Customers and friends may attend any or all of the sessions for **FREE**. The more times you come, the better. Bring your friends! Misery loves company.

Bike Medicine information:

10511A Windsor Lane, Suite 103
Houston, Texas 77031
281-561-7499

Windsor Lane is one block north of West Airport Blvd, off of Murphy Road in Southwest Houston. We can start at either 6:30 or 7:30, depending upon the group. **Please call during the day to let us know you want to come.**

Free samples of products from other bike industry companies sometimes available.

If you arrive early enough, you can wash, detail and service your bike using our products.

Bike Medicine

Bringing Premium Industrial Products To Cycling

Visit us on the web: <http://www.purpleextreme.com>



To Participate You Will Need:

- Your bike
- Your Shoes
- Your Trainer and wheelblock
- Your clothing
- Your waterbottles

Suggested Items:

- Cadence computer
- Heartrate monitor
- Towel
- Change of clothing

