

# Winter Wattbike Workouts - Power Up Your Fitness

**Zap fat, charge up your endurance and generate epic leg strength with our new and exciting Winter Wattbike Workouts!**

There are exercise bikes, rollers, and turbos and then there is the Wattbike. When it launched in 2008, the Wattbike quickly became the go-to indoor option for elite cyclists and it is now available for us mere mortals to ride as well. While you might not want to stump up the £2,250 it costs to buy your own, thanks to our friends at Cycle 360, here's your opportunity to boost your endurance and strength on the bike, or simply burn a boatload of calories over the coming winter months.

The Wattbike takes indoor cycling to another level whereby it tracks and displays a huge amount of info on your ride, and can actively help improve your technique by telling you if you have an imbalance in how much force you're putting through each pedal, or if your stroke isn't as smooth as it could be. The Wattbike also offers as realistic a ride as you can hope to find on an indoor bike, so training on it will easily translate to outdoor success, and with a range of resistance that goes up to an eye-watering 3,760W even the toughest of workouts can be accommodated.

After 4 weeks of limited attendance, the Manx Road club would like to offer 8 spaces for members of the Isle of Man Triathlon Club - at a one-off price of **£112.00** for the **fourteen Week Winter Workout period**.

The sessions will begin on **Wednesday the 4th December for two weeks** and then resume on the **8th January for twelve weeks**. Each session will commence at **6:30pm and run for one hour** under the guidance and supervision of an instructor. Shower and changing facilities are available at Cycle 360.

Numbers are strictly limited by the studios eighteen Wattbikes and therefore places will be secured on a 'first come first served basis'. If you would like to take part in this exciting new opportunity, please print off and **complete the attached application and agreement form** and bring to your first session on the evening of December 4th

# 2019 / 20 Winter Wattbike Workout Application Form

Title (Mr/Mrs/Miss/Ms/Other) .....

First Name .....

Surname .....

Address .....

.....

Post Code .....

Date of Birth ...../...../.....

Email Address .....

Phone: (Home) .....

Phone: (Mobile) .....

## Agreement to Participate and Assumption of Risk

By signing up for and/or attending classes, events, activities, and other programs and using the premises, facilities and equipment (individually and/or collectively, the "Classes" and "Facilities") of Cycle 360 and its subsidiaries, you hereby acknowledge on behalf of yourself, your heirs, personal representatives and/or assigns, that there are certain inherent risks and dangers in indoor cycling and exercise equipment in association with the Classes and Facilities.

You acknowledge that some of these risks cannot be eliminated regardless of the care taken to avoid injuries. You also acknowledge that the specific risks vary from one activity to another but range from (1) minor injuries such as scratches, bruises, and sprains; (2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions; and (3) catastrophic injuries including paralysis and death.

At all times, you shall comply with all stated and customary terms, posted safety signs, rules, and verbal instructions given to you by staff. If in the subjective opinion of the Cycle 360 fitness club staff, you would be at physical risk participating in Cycle 360's Classes, you understand and agree that you may be denied access to the Classes and Facilities until you furnish Cycle 360 with an opinion letter from your medical doctor, at your sole cost and expense, specifically addressing Cycle 360's concerns and stating that Cycle 360's concerns are unfounded.

In consideration of being allowed to participate in and access the Classes and Facilities, you hereby (1) agree to assume full responsibility for any and all injuries or damage which are sustained or aggravated by you in relation to the Classes and Facilities, (2) release, indemnify, and hold harmless Cycle 360, its direct and indirect parent, subsidiary affiliate entities, and each of their respective officers, directors, members, employees, representatives and agents, and each of their respective successors and assigns and all others, from any and all responsibility, claims, actions, suits, procedures, costs, expenses, damages, and liabilities to the fullest extent allowed by law arising out of or in any way related to participation in the Classes or use of the Facilities, and (3) represent that you (a) have no medical or physical condition that would prevent you from properly using any of Cycle 360's Classes and Facilities, (b) do not have a physical or mental condition that would put you in any physical or medical danger, and (c) have not been instructed by a physician to

not participate in physical exercise. You acknowledge that if you have any chronic disabilities or conditions, you are at risk in using Cycle 360's Classes and Facilities, and should not be participating in any Classes.

**Fee £112 (Cheques payable to: Manx Road Club or by bank transfer to Lloyds Bank A/C No. 00020069 Sort Code 30-12-80)**

**I have read, understood and agree with the above terms of participation in the Manx Road Clubs Winter Wattbike Workouts**

**Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_ / \_\_ / \_\_\_\_

Please sign the attached application and agreement form and bring it to your first session on the evening of December 4th.