

WHEELHOUSE NEWS

Cycling

Our last class of **Progressive Cycling**® Phase IV was Tuesday and we have a new session starting next week. We are very excited about this session as it offers something a little different. We are calling this 6-week session **Progressive Choice** as we are allowing riders in this session to choose the length of each class to work with your training schedule and your 'life' schedule. Here's how it works:

- The class will start at 4:30 and go until 7:30, BUT
- You can arrive any time between 4:30 and 6:30 and stay as long as you want.
- Each class will feature sections of well-known bike courses and will repeat the section every hour.
- There will also be the opportunity to mix in ROTB or rowing segments.
- A bike will be saved for registered participants so you can get started quickly.
- For now, we are only offering this on Tuesday, but may add an additional class starting in July.
- Sign up [here](#) to reserve your bike.

The (very) recent trend has been great weather on the weekends, but if we get a forecast of crap weather for an upcoming weekend, we'll do a **movie ride** while watching Apollo 11. Mike and I recently saw it and it would be perfect for a movie ride!

In my opinion, EVERY athlete – irrespective of sport or discipline – has the potential to enhance his or her ability by adopting a consistent yoga practice. - Rich Roll, Athlete and best-selling author

Yoga

On Friday evening, June 7th, we will have a **Yoga for Athletes Masterclass**. Where a 'workshop' typically includes a lecture, masterclasses are specialty classes in which learning objectives are achieved through **in-depth practice** accompanied by assistance and **detailed instruction**. This 90-minute masterclass is an extended yoga session and is **appropriate for all levels** – including first-time yogis. You will get help with poses, learn the best poses for your sport, and discover modifications to make your practice more enjoyable and the flow may break for comments and questions. The class will end with a long savasana to **promote relaxation and quality sleep**. Space is limited for this class, so sign up [here](#) to reserve your spot.

Other

We are into our 3rd week of the [Thursday Night Time Trials](#), and we are loving the new course in Kingston. I've also put 15 years' worth of time trial results online and you can check them out [here](#). One thing you'll notice is that those riders who commit to time trialing several times per season show a significant improvement in their times. It's hard work, but it's over quickly, and you'll be glad you did it.

We were blessed with amazing weather for the **Team Pegasus Century & Training Day** last Saturday, and we have a few [photos](#) on the website. Since we last 'talked' Allison and Bruce did Climb to the Clouds, Seth and I did The Cheaha Challenge, Nancy did Chattanooga 70.3 qualified for Nice, and lots of people did amazing things (meaning, I'm sure I'm forgetting something.)

We hope you'll join us in our adventures – don't forget to sign up!