

Anthony Ham - Training Sessions

I'm still running my Tuesday night bike classes if you'd like to add this to the list of training opportunities for Tri HB folk. What:

Between 1hr15 and 1hr25 of intervals on bicycle wind trainers

When: Every Tuesday night setup from 5:45pm for 6:00pm kick-off

Where: Westshore School Hall, Cnr Charles and Alfred

Streets, Westshore, Napier Who: Almost anyone wanting to

improve their bike fitness – most levels catered for Bring: Bike,

stationery trainer, two towels (one for under the bike) and

everything you need to be comfortable (hydration, etc). Cost: \$5

going directly to the school for use of the hall Music: all sorts

Questions: call, txt or email Anthony Ham – 021 766829,

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