



IMAGE CYCLING



JOHNNY G



GOLD'S GYM

*Image Cycling along with Gold's Gym and Johnny G present ...*

## The Warrior Ride

Gold's Gym -- Islip, NY  
Saturday, October 30th  
3 Hour Ride: 8:00AM - 11:00AM  
\$75.00\*  
Register: Call 631-702-0950

\*Proceeds go to *Project VisAbility* to benefit Disabled Athletes. The ride will introduce Johnny G and his new exercise equipment called The Krank.

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Image Cycling is proud to partner with Gold's Gym, *Project VisAbility* and Johnny G for a three-hour Krank/Cycle event called "The Warrior Ride". Come and see the creator of "Spinning", Johnny G, as he rolls out yet another innovative way to strengthen your body and mind with "The Krank".

Everyone will have an opportunity to try The Krank and experience the way it blends with spinning to give you a full body workout. I have been on The Krank and fell in love with what it has to offer and how it made me feel. I want you to experience it as well and what better way to try it than from the man who created it?

We are all Warriors in our lives seeking **peace** and **happiness**. The *wisdom* of The Warrior is her dedication to her authentic life while reaching for **balance** and being with **patience**. Come and ride through these principles on September 25th and take your fitness to another level -- a level that is within. A place where real fitness begins....with peace. That's the Warrior's Way.

I'll see you at "The Warrior Ride". Keep Kranking!!

*John*

John Hinrichsen, CPCC  
Leadership Coach