

FitPlan Cape Cod

04/26/2023

GET FIT FOR SECOND SUMMER CYCLE



Prepared For :

Second Summer
Cycle Cape Cod
Charity Ride



INTRO DUCTI ON

Get Fit for Second Summer Cycle with FitPlan Cape Cod

FitPlan Cape Cod has designed a fitness program to help you prepare for the Second Summer Cycle event. Preparation is vital to ensure you get the most out of your ride, whether you're an experienced cyclist or just starting out. The program provides valuable guidance and recommendations to help you prepare for the event. 10% of all proceeds of products offered (Online and Hybrid training, and Drop in spin) will be donated to All Beneficiaries.



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WHAT WE OFFER



Online	Drop IN Spin	Hybrid
Full Online 15 week cycle strength and conditioning	\$12 Drop in Spin at our Mashpee Location	Full Online 15 week cycle strength and conditioning
Can Train where ever they would like	3 options a week All summer long	Two Options a week for Group Training at our Mashpee location
Access to FitPlan Coaches via an in app messenger	Come and go as you please	Other potential options for using the Mashpee Gym/pool

Both Online and Hybrid come with access to coaches and resources from FitPlan Cape Cod

Online is a one time fee of \$39
Hybrid is a one time fee of \$149

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WHY DOES THIS WORK?

In two ways

With our Online and Hybrid options it allows us to reach our arm out further to raise money, helping the way we know best, through fitness and coaching. This in turn will promote confidence and keep racers and teams engaged all summer long.

We will also be marketing through our social media platforms which will help give the Second Summer Cycle event more attention and promote the charities.



Thank
you!