FLCC Fitness Assessment Day  
  
The Finger Lakes Cycling Club (FLCC) is offering a FREE one-day physical assessment of strength, stamina and flexibility for all age groups and abilities. We will provide eight internationally recognized tests which will allow you to walk away with written results, and the knowledge of where your fitness level stands within your age group.

* Get an objective measure of your all-round fitness
* Learn where to improve your fitness going forward.
* No need to be a cyclist to enjoy this novel event!

Some of the more rigorous tests such as VO2 Max cycling testing, and heart rate recovery are limited to FLCC members.\* Eligible FLCC members at the time of the event will be also able to participate in free spinning classes offered by Wright Fitness and Cycling. Ithaca Bakery will be offering discounts to FLCC members.

Not an FLCC member? Annual FLCC membership is $17/$20 (individual/family), $15 (Senior), and $12 (youth) for a calendar year into 2023. Testing alone is worth the cost of membership! Join online at (<https://fingerlakescycling.org/>). FLCC Club membership is required by November 9th) for eligibility.

Exclusive Events Available for FLCC Club Members:

* Spinning classes.
* VO2 Max cycling testing
* Heart Rate Recovery testing

Non-members can do all other fitness assessment tests for free, without pre-registration.

Free Tests include indicators of longevity, disability free living, heart health, back health, and metabolic health - age standardized and backed by studies.

When: Saturday morning, November 12th, 9:30 to 12:30 pm.

Location: Triphammer Marketplace, ReUse Center entrance.  
  
To sign-up online for spinning or VO2 Max testing (must be FLCC member at time of sign-up) go to: <https://fingerlakescycling.org/> select Event Calendar, then Nov 12, 2022.

Please visit and support our sponsors: Wright Fitness and Cycling,  
Gorges Cycle and Ithaca Bakery at Triphammer and Planet Fitness across Route 13.

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\*Newly joining members wishing to become eligible for Exclusive Events need to pass the Physical Activity Readiness Questionnaire (PAR-Q) available online and bring to event.

 