



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAXIMIZE YOUR CYCLING EXPERIENCE

FTW Testing SARPY YMCA

Calling all cyclers! Ever wonder what the changing colors on the bike are and why they change? Whether you are new to cycling or a seasoned cyclist, you have the opportunity to find out what your Function Threshold Wattage (FTW) should be when taking one of our cycling classes. The FTW Test will push you in your ride. The power number you receive based on your test will allow your ride to be tailored to you, and will help get you stronger, physically and mentally. Choose one of the four testing times available.



WHEN: September 27th at 5:30pm
September 28th at 5:05am; 9:15am; or 11:30am

Register at the Welcome Center as space is limited!