

## **2015 Northtowne Cycling & Fitness Maintenance Classes 2015 Fix Your Flat Tire Classes**



Northtowne Cycling and Fitness is again pleased to offer its flat tire prevention and repair class to prepare you for the inevitable. Our class is hands on and will include tips to prevent flat tires as well as detailed instructions on wheel removal, tube replacement and wheel re-installation so that you can change a ride-stopping flat to a mere inconvenience instead of long walk home.

Fixing a flat tire not only requires know how but also specific skills and by attending our class you can receive helpful and patient instruction followed by the hands on experience of each student removing your own wheel from the bicycle frame, taking the tire off the rim, removing and replacing the inner tube, and then putting the ready to roll wheel back in the bike frame or fork properly.

The class is informal with plenty of opportunity to ask questions and receive easy to understand and follow instruction. *In order for your experience to be most effective students should bring their own bicycles as that will insure specific class tips will apply directly to your particular bike.*

### **Saturdays from 9:30-10:30 am**

January 31, 2015

February 14, 2015

(2 for one deal on this day! Come with your sweetie and learn together!)

February 21, 2015

February 28, 2015

### **Class Size Limited**

\$10 on site donation collection to LCTA

Email [info@northtownebikes.com](mailto:info@northtownebikes.com) to **reserve** your spot!

**Hands on course.** Bring your bike, and when you are done becoming an expert at fixing your bike, leave your bike and take advantage of our Winter Tune-up specials.