

FREE FITNESS TEST



VO2MAX WITH REVVO

VO2Max (Aerobic Fitness) is one of the best indicators of fitness and health, but usually requires a trip to a fitness lab and can cost about \$150 on average to test. Revvo is an innovative smart exercise bike that accurately measures VO2Max without using an oxygen mask, thereby making this simpler, more affordable, and perhaps even a bit of fun!

The test gives you a scientific assessment of your fitness level and also enables you to benchmark against your age and sports-specific cohorts. In addition the test also reveals your thresholds and personalized training zones so you can build a smart training plan.

Your test will last 30 minutes; actual cycling time is roughly 15 minutes.

Saturday, March 12th
9am-1pm

FREE FOR MEMBERS + GUESTS

Find more information at: <http://revvo.co>

Schedule your test at:

https://revvo_studiomix.youcanbook.me/

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