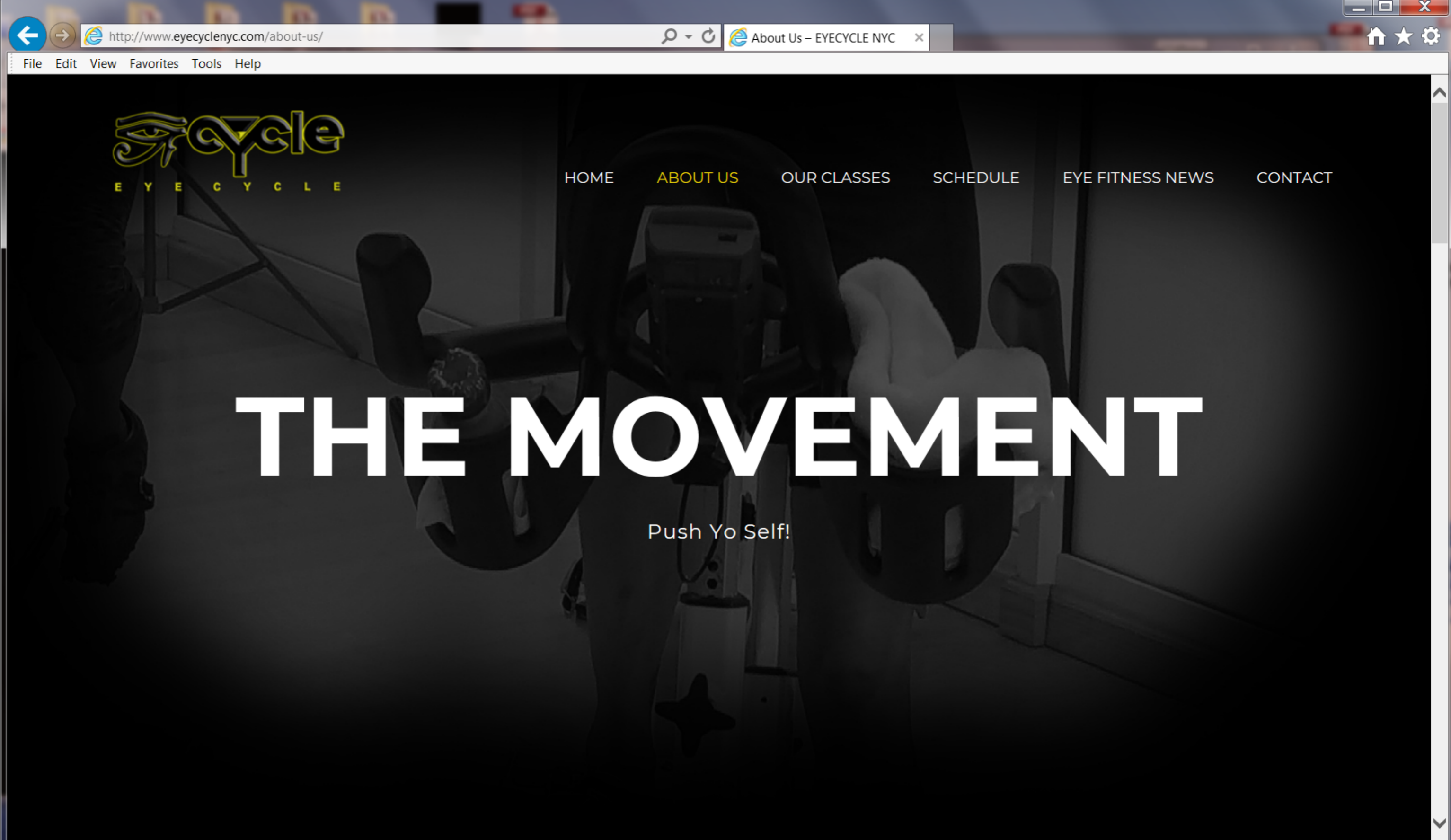




# THE MOVEMENT

Push Yo Self!



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# THE MOVEMENT

Push Yo Self!



## PUSH YO SELF!



### Tineta Newton, Owner & Creator of EyeCycle

EyeCycle® is the new group cycling craze, born out of the ability to tap into your 3<sup>rd</sup> eye consciousness via 9 energy zones. Our format is exclusive, creative and innovative which also encompasses choreography, upper-body toning and constant mental and physical enhancing techniques. It offers rigorous world music, rhythms and a variety of eclectic music to push the individual at any phase to the next level. The experience is like no other class... The EyeCycle® journey will take you to a higher level of self that will challenge you to leave your comfort zone.

*In 2003, Tineta began a fitness career as a Group Exercise Manager for Bally Total Fitness. She led 3 Bronx clubs to #1 while managing over 40 instructors. EyeCycle was created out of the desire to stay engaged while taking group classes that were mundane low energy, lack of a cultural edge and personal expression. Tineta implemented her own style, creativity, musicality and eventually her techniques, talents, and high spirited energy became a movement and EyeCycle® was born.*

*...“our following has increased 100% in the last 8 months”- Tineta*

## TRAIN ALONGSIDE THE BEST



**Tineta**  
Personal Trainer

EYE CYCLE EYE CYCLE  
EYE CYCLE



**Tineta**  
Personal Trainer

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**Tineta**  
Personal Trainer

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**Tineta**  
Personal Trainer

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## Push You Self!

For a Better You! We offer flexible class packages to suit all levels of training.

SIGN UP TODAY!

### COME FIND US

Harlem  
New York, NY  
Phone: 1.800.555.5555  
Email: info@eyecycle.com

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