



FITNESS 2018-2019

 **GARNEAU**



CREATING A UNIQUE CYCLING SHOE

Garneau and Reebok join forces to launch a new shoe designed specifically for indoor cycling. Garneau's bicycle industry expertise and Reebok's leadership in the fitness space provide strong synergies to develop a purpose-built shoe that meets the needs of dedicated athletes. The Actifly shoe is a new breed of indoor cycling shoe, providing innovative technical solutions for comfort and performance that enhance the indoor cycling experience.

 **GARNEAU**


Reebok

Actifly

Synthetic PU leather and mesh treated with antibacterial and anti-odor • 2 straps for easy adjustment • Patented injected nylon/fiberglass¹ extremely ventilated • Honeycomb perforated and treated with antibacterial and anti-odor



020

7D87281 • Actifly



090

7D87282 • W's Acti Fly

Multiple air channels are located in the outsole for constant airflow. The main difference between outdoor and indoor cycling is the amount of heat and sweat generated while pedaling. That's why the main focus of the Actifly is breathability and moisture wicking. Moisture evacuation happens at the shoe's upper, which is covered with the same mesh fabric used on Garneau's world-renowned triathlon shoes. These were made to dry out fast for racers coming to the bike from the swim, so we applied this winning formula here. We've also used our most breathable insole to maximize the Actifly's airflow inside the shoe. And, the inner lining and ventilated insoles are antibacterial to reduce additional moisture and combat smelly post-workout shoes.

Unlike the typical squishy running shoe which can lead to hot spots and poor biomechanics on the bike, the Actifly is built on a stiff nylon/fiberglass ventilated outsole. This gives the athlete a stable and efficient platform so that pedal stroke is optimized and the foot is comfortable and secure.

¹ Air channel USA patent no.: 7,533,475

Multi Air Flex

Synthetic leather and mesh upper • 3 straps for easy adjustment • Multi Air Flex nylon/fiberglass for easy walking



020



023



760



VENTILATED
INSOLE

1487231 • Multi Air Flex



090



204



438

1487232 • W's Multi Air Flex

Tuscan

75% Meryl® Skinlife • 22% nylon • 3% LYCRA® fiber • Antimicrobial properties • Moisture wicking • High stretchability



020



779



110



115

1085040 • Tuscan



10N



100



12J



922

1085048 • W's Tuscan

Fit Sensor

Quick-drying • Moisture management • 4-way stretchability • Powerband at thighs • Anti-chafing seams



020

1058229 • Fit Sensor 2 Bib



AIRZONE



020

1050413 • Fit Sensor 2 Shorts



AIRZONE



020

1050416 • W's Fit Sensor 7.5 Shorts



AIRZONE



020

1058420 • W's Fit Sensor 5.5 Shorts



AIRZONE

Optimum

Moisture management • 4-way stretchability • 1 rear pocket • Flattering HugFit waist •
Powerband with reflective accent • Anti-chafing seams



020

1050535 • Optimum Shorts



AIRSPORT



020



308

1050538 • W's Optimum 7 Shorts



AIRSPORT

Tri Power Lazer

Compressive • Cooling effect treatment • 4-way stretchability • Laser-finished at thighs



020



TRIAIR

1050441 • Tri Power Lazer



020



TRIAIR

1050452 • W's Tri Power Lazer

Air Gel +

Light mesh and Light spandex upper • Mesh palm • Patented Biogel¹ progressive padding²



020



115



256

1481153 • Air Gel +



019



020



292

1481154 • W's Air Gel +

- CUSTOM PROGRAM -

12 units minimum • 3 weeks leadtime

Fully sublimated • Diamond fabric



8M25171 • Singlet

12 units ~~39\$~~ 30\$



8M25172 • W's Singlet

12 units ~~39\$~~ 30\$



8M20889 • Team-T

12 units ~~50\$~~ 35\$



8M20888 • W's Team-T

12 units ~~50\$~~ 35\$

Indoor cycling classes

All kinds of cyclists come to class to enjoy the suffering and find their own rhythm for an hour. What is your indoor cycling personality?

The New Year Resolution Crowd

You are new to indoor cycling classes. Your first goal is to still be there at the end of the winter. Above all, You are looking to be active in a fun environment. You expect those classes to be different from anything you have done before.

Music is important to get you hooked; 70s and 80s classics will make the suffering more enjoyable. Add to this a variety of small hills, quick pedaling drills and random attacks to set the basics and this class may very well convert you into a regular!

The Active Person

For you, the class is a great way to stay in shape and be healthy. You've probably been doing this for a while now. You love it without going crazy about it. Maybe you think that cycling bibshorts are a bit too hard-core and not your style. You are drawn to classic classes that feature music of various genres and some challenging exercises that are not too long or too strange.

You make up the majority of class-goers and are the reason why these classes are so popular. Each active person fits the classes into their week's schedule for a different reason. Maybe it's to escape the day's stress, to fight the winter blues, or regroup with friends in a different way. At the end, you are already planning your next class.

The Multisport Type

You are intense. This class is certainly one of the highlights of your day. When you are not riding indoors, you swim, run, crossfit, do pilates or take in a hot yoga class! You need to move! For you, music can be of any style as long as it's capturing the mood.

Exercises are never hard enough. You even sometimes shout during the effort to crank up the group's energy. You love dig deep, get low on the bike and make your quads burn. You are always happy to get off the bike for sit ups and get back on it for some push-ups. We'll never know where you get all that energy from, but it certainly brings a hot vibe to any class.

The Tour de France Guys and Girls

You are part of the maniacs that love the 30 minute climbing segment to the beat of classic music? For you, indoor cycling time is training time. You will optimize any second spent on the bike, extending the efforts if you are feeling good, and cutting recovery time to push your limits. You like trendy music and pumping techno sounds.

Your favorite class happens when the instructor puts on videos of bike racing and creates exercises that replicate the action on screen. For you, it is time to shine as if you wore the leader's jersey and digging hard to keep it!

Most important of all, you all come together to create a sweat-loving, challenge-defying group, always ready to take on indoor cycling. Enjoy the (inside) ride!