



# WHATEVER YOUR 100% LOOKS LIKE, **GIVE IT.**

TEAM ICG® ARE BACK. BE YOUR OWN HERO. SUPPORTING LIVESTRONG® BY MATRIX.



PHOTOGRAPHY FROM IFS 2011



## ICG® SHOWCASE, IFS 2012.

WATCH THE MOVIE TO SEE WHY OUR SESSIONS SHOULD NOT BE MISSED.  
**PLEASE VISIT.**



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INDOOR  CYCLING  
GROUP

Winner of best provider/room at IFS, 2 years running.