

Le Tour de Fredericksburg

Cycling Contest
June 7th - July 4th

A 28 day FREE actual mileage cycle program for all members age 14 & up. All group cycling classes are included, hydrocycle aqua classes and cycling on the cardio floor. Sign up at the front desk to get started. You will log your mileage at the front desk in the binder "Tour de Fredericksburg". TOP PRIZE includes a \$50 gift certificate to FITNESS RESOURCE in Fredericksburg as well as recognition to the top 15 finishers!

- ♦ **Cycling:** A vigorous cardio class without comparison. Start pedaling and let go as your instructor takes you on the ride of your life. An exercise class on stationary bikes, perfect for any fitness enthusiast, recreational cyclist or serious racer. **Sign up at the front desk to reserve your spot. You must have water and a hand stamp in order to ride.**

Duration of Rides: The length of the working ride is noted next to the word Cycle on the schedule. Extra time is allowed for setting up new riders, explanation of Form & Safety Cues, etc. If it is Cycle45 and the class begins at 9:15, the Instructor has until 10:15 to complete a 45 Minute ride, including Cool Down and Stretching.

- ♦ **Cycle45:** A 45 Minute ride in a 1 Hour time slot.
- ♦ **Cycle60:** A 60 Minute ride in a 75 Minute time slot.
- ♦ **Cycle75:** A 75 Minute ride in a 90 Minute time slot.
- ♦ **Cycle90:** A 90 Minute ride in a 1 Hour, 45 Minute time slot.
- ♦ **Cycle30:** A 30 minute high intensity ride in a 45 minute time slot.
- ♦ **Beginner Cycle:** This is where it all begins! This is a 30 minute ride to help familiarize you with the bike and the format of a cycle class.
- ♦ **Family Cycle:** For the entire family—ages 9 and up and children must be 4'11" to participate. 30 Minute ride.
- ♦ **Cycling Endurance Ride:** Challenge your Cardio Endurance on this longer ride. The ride will focus on either mostly Hills or mostly Flats. 2 hour class. *Int. to Adv. Levels* **Bring electrolyte replenishment with you to this class.**
- ♦ **Spin & Fin:** A 30 minute intense cycling ride, followed immediately by a 30 minute finning session in the pool. *Intermediate to Advanced Level.*



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expires 7/31/10