



## Group Cycling Information

Indoor Cycling is 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.

- ♦ **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, cool down and stretching.**
  - **Cycle30** classes are 45 minutes start to finish
  - **Cycle45** classes are 60 minutes start to finish
  - **Cycle60** classes are 75 minutes start to finish

### **Sign Up & Check In:**

To reserve your space in class, sign up at the Front Desk up to 24 hours in advance. You will be given a stamp; keep it on your bike. 5 minutes prior to class start time, unclaimed stamps will be given to riders on the waiting list.

### **Get Help for Initial Bike Fitting:**

If you are a new rider, be sure to inform your instructor prior to your ride. The instructor can assist in bike adjustments to fit your leg and torso length and demonstrate the proper foot position and pedaling technique. Proper set-up is necessary to help prevent injuries.

### **Shoes:**

If using cycling shoes with (SPD compatible) cleats, be sure the screws are properly tightened. If wearing gym shoes, make sure the laces are tucked in the shoe.

### **Arrive Early:**

Please arrive early for proper set-up and adjustments on the bike. Hasty bike adjustments can lead to injury. Arriving late to class is disruptive to other participants. If an earlier class is ending, please wait for all participants to leave the area before selecting your bike.

### **Bring Water & a Towel:**

You must have water to ride. Drink plenty of water before, during and after class. Please be considerate of other riders by wiping down your bike and surrounding areas after class.

### **Clean Up After Yourself:**

After class, please use the towels provided and the proper solution to wipe up any sweat on the bike and on the floor.