



**AMERICAN FAMILY FITNESS**  
FIT AS YOU WANT TO BE

# 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, 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.
  - ◆ **Cycle30:** A 30 Minute ride in a 45 Minute time slot.
  - ◆ **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.

## Different Cycling Formats & Specialty Rides:

- ◆ **CycleStrength:** A class that combines the Cardiovascular benefits of a cycling ride with the Muscular benefits of strength training. Intervals on the bike combine with resistance training using weights, tubes or just your body! A 60 minute workout unless otherwise noted. *All fitness levels.*
- ◆ **CycleAbs:** A cycling ride with a 15 minute Abdominal/Low Back/Core workout at the end. A 60 minute workout unless otherwise noted. *All fitness levels.*
- ◆ **CycleBootCamp:** An intense ride on the bike followed by an intense “bootcamp” style workout that includes more cardio drills along with strength and agility exercises. A 60 minute workout unless otherwise noted. *Intermediate to Advanced levels.*
- ◆ **CycleYoga:** Follow your Indoor Cycling workout with an interval of Yoga to balance out your body and your workout. A 60 minute class unless otherwise noted. *All fitness levels.*

### Sign-Up & Check In:

To reserve your space in class, sign up @ the Front Desk up to 48 hours in advance. ! 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 & demonstrate the proper foot position and pedaling technique. Proper set-up is necessary of Injury Prevention.

### Shoes with Cleats:

If using cycling shoes with cleats (SPD compatible cleats), check if 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 very 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 & after class. Please be considerate of other riders by wiping down the bike and surrounding areas after class.

### Clean Up After Yourself:

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

**STRIVE:** Cross Training room: A combination of cardio and strength training. STRIVE is the ultimate circuit workout focused on helping you improve your strength, flexibility & balance. The class includes various workouts with STRIVE equipment, there will be time to rest between machines. Stretching will be done at the end of class.

**BegRC:** Beginning Runners Club **AdvRC:** Advanced Runners Club