

Studio Cycling Schedule JULY 2010

FITNESS CLUB HOURS

Monday-Thursday 6:30a-9p
 Friday 6:30a-8p
 Saturday 7a-4p
 Sunday 11a-3p
 (Pool closes 15 minutes prior to facility)

HOLIDAY HOURS: JULY 4-CLOSED
JULY 5 8a-2p No classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30-12:15p	6-6:45p	7-7:45a	8:30-9:15a 9:30-10a (Intro. to Cycling) 6-6:45p	12-12:30p		8-9a

Please note the class schedule is modified periodically to address Member feedback, class popularity and participation level. Classes with low participation are subject to cancellation. If you enjoy a class, be part of its success by being consistent in your participation.

INDOOR CYCLING GUIDELINES:

Introducing Studio Cycling – here at the Fitness Club !!! If you are a beginner or a seasoned indoor cyclist, these tips should be helpful for any level.....

- ⇒ **Please arrive at least 10 minutes early.** This will allow you time to set up your bike, or have the instructor assist you in setting up your bike.
- FYI-please review bike reservation policy.**
- ⇒ Wear comfortable clothing. Be sure your clothing is breathable and comfortable.
- ⇒ You **MUST** have a **towel and water bottle** with you for every class.
- ⇒ Please do not leave class without properly stretching first.
- ⇒ Do not fear the resistance knob. You will see results with proper use of the resistance knob on your bike. If you are bouncing or jiggling in your seat, you may need to increase your resistance knob. This is your workout; adjust the resistance knob to meet your needs.
- ⇒ Give it your best effort. You have devoted this time for yourself, so why not put forth your best effort? Try to improve each week!

CYCLING STUDIO BIKE RESERVATION POLICY

1. Cycling classes require pre-registration at the front desk in person or by calling in your reservation. Reservations can be made one week in advance. There are 10 bikes available for each class.
2. Pre-registered participants must be present at least five minutes prior to the beginning of class.
3. When class starts anyone waiting who has not signed up is welcome to use an empty bike.
4. Cancellations **MUST** be made at least **2 hours** in advance to avoid paying the \$5.00 no-show fee. If the facility is not open, leave a message on the voice mail.
5. There will be a five person waiting list. If we receive a cancellation we will inform you as soon as it comes available. If we cannot get a hold of you on the first try, we will go onto the next person on the list.

Student Safety Guidelines

To make your cycling experience more enjoyable, please observe the following guidelines.

Prior to starting a workout

- ⇒ Please inform the instructor if you are new or need special assistance.
- ⇒ Familiarize yourself with the bike and its operation. Gradually reduce your speed to stop the pedals or use the resistance knob for an emergency brake. Keep your legs clear of moving pedals.
- ⇒ Check your bike and all adjustments:
 - **Seat Height:** Knees should be slightly bent at the bottom of the pedal stroke.
 - **Fore/aft seat and handlebar position:** Arms should be a comfortable distance to the handlebars with the elbows slightly bent. Front knee should fall over the axis of the pedal when feet are in the 3 and 9 o'clock positions.
 - **Handlebar Height:** Start with the handlebars in the higher position and adjust downward to the level of the saddle as you become more flexible and comfortable on the bike.
- ⇒ Make sure the handlebars, seat post and saddle adjustments are securely attached and completely engaged.
- ⇒ Position your shoe with the ball of your foot over the center of the pedal. Make sure your shoe laces are tucked in and your foot is securely attached to the pedal.

During a workout

- ⇒ Familiarize yourself with all movements at a walking pace before you attempt to increase your speed. You should always have resistance on the bike.
- ⇒ Stay in control! Focus on your form and smooth transitions between movements.
- ⇒ If you begin to feel faint or dizzy, slowly stop pedaling and carefully dismount from the bike. Inform the instructor immediately!