

INDOOR CYCLING

Cycle is a non-impact cardiovascular workout set to music. By increasing your cardiovascular health and fitness you will benefit from increased strength and energy while enjoying fun and challenging workouts.

Cycle classes are designed for people of all fitness levels age 14 to adult.

Our state of the art KEISER cycles deliver more power (23 gears of increasing resistance) to your pedaling. Whether you are a beginner or advanced cyclist these bikes will offer you a challenge.

TIPS:

- Bring a water bottle and towel to all Cycle classes.
- Wear loose-fitting comfortable workout clothing.
- Shoes with stiff soles, such as cross trainers, court shoes, light hiking shoes, or cycling shoes (with SPD clips) are best.
- Please put on your Cycle shoes in our Cycle studio. Cubbies are provided for your street shoes both inside and outside the studio.
- Come early to set up your bike.
- Inform the instructor if you are new to Cycle.
- Work as hard as you can to increase your endurance and strength while respecting your limits.
- Enjoy the music as you cycle in a group setting!

