



## **TAKING YOUR FIRST CYCLING CLASS... NOT AS SCARY AS YOU MAY THINK?**

**More for your membership!**

**Group Cycling is now included in your membership!**

An indoor cycling class can be downright intimidating. The padded shorts and cycling shoes many people wear to class make it seem intense and exclusive, but this is far from the truth. The truth is, while an indoor cycling class is an intense cardio workout — one 45-minute class can burn upwards of 500 calories — it doesn't have to be scary. Remember, everyone in that room was a beginner at one time!

### **What to Wear.**

Since you will be sweating, choose moisture-wicking clothes with good breathability. Regular athletic shoes will do fine — there's no need to invest in cycling shoes until you know if the class is for you. **Bring water** and a towel to your class.

### **When to Arrive.**

If this will be your **first class**, get to the cycling room **10 to 15 minutes early**. This will allow you time to talk to the instructor and get help setting up your bike. Not having your bike set up properly can result in lower back, knee, or shoulder pain.

### **What to Expect.**

The class is led by an instructor. He or she will guide the class and provide cues for riding positions (standing and seated) throughout the class. Music will be played to motivate the riders. The class is basically the same as an aerobics session, but instead of dancing, participants ride on a stationary bike. Each bike has its own resistance/gear allowing you to control your ride and engaging you in a truly non-competitive setting. Still not sure? Look for our special 30-minute rides geared towards new riders.

### **Make Friends.**

We really are a very friendly group and if this was just about burning calories or pedaling on a stationary bike, we could set up a home studio. Where else can you ride next to someone with a different fitness level for an entire class only to finish just a few feet away from them at the end?

### **After the Ride.**

If you're a first timer or if you're not an active person, there's a chance that you may experience a bit of soreness. This may be felt in the upper and lower legs, the pelvis and sometimes in the knees. However, this is all normal, and it's actually a good thing because it means that you were able to burn lots of calories, and your leg muscles really got a workout. These effects will fade away, as your body becomes more adapted to the program.