

Rules for Indoor Group Cycling At The YMCA

- Before the start of class you must sign in on the “Cycle Sign In Sheet” located at the member services desk. This sheet is available 30 minutes prior to the start of each class. You can only sign yourself in, not anyone else. You must be present to sign in.
- Please arrive a minimum of ten minutes before the start of class. Allow for sufficient time for proper setup and adjustments. Last minute bike adjustments can lead to injury.
- Arriving late to class is very disruptive to other participants. Be courteous to those who arrived on time by being on time yourself. If you are late please enter the room as quietly as possible. Please note, arriving late may result in the lack of a bike available for use.
- Please notify the instructor of any restrictions or limitations you may have.
- Bring water and a towel to each class.
- Only stand on the pedals with resistance.
- Take frequent postural breaks.
- **Enjoy, learn and train- don't compete. Measure success from within!**