

Welcome to YMCA Indoor Cycling



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Here are your indoor cycling bike settings:

Saddle Height: _____ Saddle Fore-Aft _____ Handlebar Height _____

Welcome to Indoor Cycling! Thank you for coming to join us in indoor cycling. New students usually find the first class to be fairly hard but then are surprised how quickly they see improvement over the next few sessions. We hope you'll keep coming.

It's important that indoor cycling can so easily be done in the company of people who become your friends. There is nothing quite like doing something hard, in the company of like-minded people. Whatever your current level of fitness, you can challenge yourself in a friendly and supportive environment.

You will find a complete list of classes at <http://www.dmymca.org>

Benefits: In addition to being fun, aerobic exercise like indoor cycling has numerous benefits. It burns hundreds of calories including increased fat burning. Cardiovascular exercise also strengthens your immune system and lowers your risk of heart disease. It increases your resistance to fatigue and improves your bodies ability to use oxygen. It decreases tension, aids in sleeping and has psychological benefits. And, importantly, it is fun to work out with other people who share a commitment to their improved health.

Indoor Cycling is Not Competitive: One of the best things about indoor cycling is that you control the amount of resistance that you apply to your bike and you decide if you want to opt out of any particular drill. This is completely okay. Experienced indoor cycling students respect the efforts of new students. You won't find anything but encouragement here.

Build an Endurance Base: Your first job as a new indoor cycling student is to build an aerobic fitness base. This is done by doing most of your work at a more moderate level for the first 6 weeks of two or three a week classes. This means that you will want to spend most of your work with a heart rate of 65-75% of maximum. Your instructor can help you determine that rate but generally your breathing should be apparent to you but not panting or out of control.

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Equipment: All you need to start indoor cycling are tennis shoes and a water bottle. You may see some students with clip-in, hard-soled cycling shoes; biking shorts and a heart rate monitor. There are benefits to this equipment but you can decide if and when to add it.

Bike Fit: Your instructor will help make sure that your indoor cycling bike fits you properly. Once you in a proper fit, you should remember the numbers on the bike that will allow you to set up the bike quickly by yourself.

Indoor Cycling Safety: You should be sure each time that the connections on the bike are securely fastened and that the laces of tennis shoes are tucked inside your shoes. In the unlikely event that your feet should come out of the pedals, quickly move your legs out to the sides and press down on the brake. Always ride with your hands on the handlebars.

Contraindications: Despite the numerous benefits, there are several moves that are considering ineffective and unsafe for indoor cycling. Among them are: hovering over the saddle, excessive RPM at low resistance, and pedaling with one foot out of the pedals.

Ask Questions: We want you to succeed at indoor cycling. And we are eager to give you all the help and encouragement you need. Contact us if you have questions. See you next class!!

Your Instructor

Bill Roach, Lead Cycling Instructor
Star 3 Lifetime Certified Spinning Instructor
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Sign up for Indoor Cycling newsletter

You may sign up for an occasional newsletter on Indoor cycling, health and fitness topics by sending an email to Bill Roach at bill.roach@mchsi.com. The newsletter provides more advanced information as well as news about upcoming indoor cycling classes and events.