

# TEN REASONS TO RETURN TO INDOOR CYCLING THIS FALL



1. **FRIENDS.** See your friends. They've missed you over the summer.
2. **ENERGY.** There is a wonderful camaraderie and energy in the shared work. It's tangible and a great reason to come back. You just can't get this energy working alone on a wind trainer, treadmill, or elliptical machine. A good instructor can use this group energy to give you a really great ride.
3. **SAFETY.** Avoid traffic as it gets darker earlier.
4. **CONVENIENCE.** Enjoy the convenience of coming before or after work. Your workout can be used as a clear demarcation between your work day and home life. Or, it can be a midday break in your busy routine.
5. **EFFICIENCY.** Get a more efficient workout. Burn more calories in less time than you would be able to do outdoors. You can get a great workout in less than an hour and be done.
6. **STRETCHING.** Have you neglected your stretching this summer? Get in the stretching habit before and after class. Cyclists most often need to improve flexibility in their calves, quads, hams, hip flexors, chest, and upper traps.
7. **MUSCLE BALANCE.** Correct your muscle imbalances by spending some time strengthening your weaker areas. For cyclists, they are most often core, back (lumbar spine), glutes, shoulders, and neck flexors.
8. **MUSIC.** Enjoy the dynamic quality that well-chosen music can add to your exercise experience. Music helps contribute a sense of energy to your work.
9. **COACHING.** Need to work on improving your cycling form? Confused about what to work on during the off-season? A good instructor will not only encourage you to go harder but will also help you to go better by giving you guidance on technique and form.
10. **INSPIRATION.** Feeling some burnout from a long outdoor season? Come back and get some other forms of inspiration from our instructors, and from other students