

TIPS

FOR A GREAT CYCLING CLASS!



ARRIVE EARLY

- Bikes are first-come first-served.
- It takes time to set up your bike.



PROPER BIKE SET-UP IS KEY!

- Our instructors are trained to set you up properly.
- Be sure your seat height, seat fore-aft, and handlebars are all adjusted to fit you.
- Record your letter and number for future reference.

THE RIGHT FOOTWEAR HELPS

- Hard sole shoes are highly recommended.
- Instructors can provide tips when using cycling shoes.



WARM-UP IS IMPORTANT!

- Warm-up prepares the body to safely participate in class.
- Missing warm-up is not recommended.



GO AT YOUR OWN PACE

- Listen to your body, this is YOUR workout! Options and modifications are provided by the instructor.
- Let the instructor know if you have any joint or health issues that may interfere with your workout.



GO WITH HOW YOU FEEL

Adjust your gear (resistance) and RPMs (speed/cadence) based on how your body feels.

REMEMBER THE "THUMBS UP" SIGNAL

- When leaving the studio during class, be sure to give the thumbs up signal to let the instructor know you are ok.
- If you are NOT ok, please let the instructor know as soon as possible.



STAY HYDRATED!

Bring a water bottle and take breaks when needed.



HELP KEEP THE STUDIO CLEAN

Store all outerwear and personal belongings in lockers located on the 1st floor.



WE TRAIN NEW INSTRUCTORS

- Help them along their way by participating in class and providing feedback.
- Let us know if you are interested in becoming an instructor.

WE ARE HERE TO HELP!

- Please let us know if you have questions, comments, or suggestions regarding class design, music, or overall experience.
- Feel free to speak with the instructor after class or email urec@unb.ca.



HAVE A GREAT RIDE AND HAVE FUN!

