

Clippard Family YMCA Group Cycling Schedule

May 5th - June 1st

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|----------------------|--|----------------------|----------------------|---|--------|
| | 5:45-6:30am Tom | | 5:45-6:30am Dave | 5:45-6:30am Tom | | |
| | | | | | Marisa/Mary 7:30-8:30am | |
| 9:00-9:45am Susan | | 9:00-9:45am Christian/Susan | | 9:00-9:45am Susan | Christian/Susan 8:45-9:30am | |
| | Viki 9:45-10:30am | | Viki 9:45-10:30am | | Christian/Susan 9:45-10:15am <i>Cycle 101</i> | |
| See Flyer for Memorial Day Schedule | | <i>New to Cycle? Try our Cycle 101 Class!</i> | | | | |
| | | 6:00-6:45pm Tina | | | | |
| 7:15-8:00pm Mary | 7:00-7:45pm Kevin | | 7:00-7:45pm Kevin | | | |



**** Please arrive 10-15 minutes prior to class start time**

See Flyer for Memorial Day Schedule

******SCHEDULE SUBJECT TO CHANGE**



RULES OF THE ROAD



■ Arrive Ten Minutes Early

Please arrive early for proper setup and adjustments to the bike. Hasty bike adjustments can lead to injury. Arriving late to class is very disruptive to other participants. If a prior training session is ending, please wait for all participants to leave the area before selecting your bike.

■ Get Help for Initial Fitting

If you are a new rider, be sure to inform the instructor prior to your ride that this is your first training session. The instructor can assist in bike adjustments to fit your leg and torso length and demonstrate the proper foot position and basic pedaling technique. Injury prevention and your success in training is dependent upon proper fitting of the bike to your body.

■ Inform Instructor of Your Goals and Limitations

Make sure that the instructor knows if you have any limitations. The instructor needs to know what to watch for during the workout. Never train if you have an injury that could be exacerbated by cycling.

■ Bring Water and a Towel

Adequate hydration throughout the ride is imperative. Indoor cycling raises your body temperature and causes significant perspiration. With good ventilation and cooling, you may be unaware of the amount of water lost through perspiration. Drink plenty of water before, during and after training. Bring a towel with you to each class. Please be considerate of other riders by wiping down the bike and surrounding area after each class.

■ Check Security of all Adjustments

After set up, make sure that all adjustments are secure. Attempt to move the saddle up and down, forward and backward to make sure the pin is properly locked into the slot. Repeat the same procedure with the handlebars. Toe clips and straps should be snug and comfortable, not tight. "Light" resistance should be on the flywheel. **DO NOT MAKE ANY MECHANICAL ADJUSTMENTS TO THE BIKES. IF THERE IS A MECHANICAL PROBLEM, PLEASE NOTIFY YOUR INSTRUCTOR IMMEDIATELY AND SWITCH TO A DIFFERENT BIKE.**

■ Do Not Exceed 80 RPM Initially

If you are a new CYCLE REEBOK rider, limit pedal frequency to no more than 80 rpm during your first few rides. Establish control and "smart cycling" technique before attempting to increase your cadence. If you are bouncing in the saddle, your cadence is too high—add a little resistance to decrease it. To determine your cadence (pedaling frequency), count the number of times your right knee comes up in 10 seconds and multiply that number by 6 to determine your revolutions per minute (rpm).

■ Only Stand on the Pedals with Resistance

Do not stand on the pedals without resistance. Resistance promotes balance and control while learning the standing techniques.

■ Take Frequent Postural Breaks

The forward flexed position of the spine during cycling can become uncomfortable. Your instructor will lead periodic breaks to stretch and release the stresses on the back; however, whenever your back feels uncomfortable, sit upright and arch back slightly for a moment, bringing your arms up and back. Postural breaks are recommended every 3 to 5 minutes to relieve back and neck stress as well as undue pressure on the pelvic floor.

■ Learn to Handle Loss of Control

If you are pedaling too fast, depress the resistance lever to decrease the pedal speed. If your foot slips out of the toe clip and strap, immediately press the resistance lever all the way down to stop the pedals then replace your foot in the toe clip and strap.

■ Enjoy, Learn, Train – Don't Compete.

Enjoy this exciting new program and use it to meet your own personal goals. Keep in mind that a CYCLE REEBOK training session is not a competition. Measure success from within!