

## Indoor Cycling Guidelines

The good news is that the class is becoming very popular. In order to ensure safety, fairness and class enjoyment for everyone we have established the following guidelines:

- ◆ Be mindful of your level of fitness. Adjust the speed and the intensity of the ride to your level of energy on each particular day. The instructor is there to give you guidelines, not **RULES** to follow.
- ◆ Wear the proper attire, biking shorts if you have them, comfortable pants and tank top. Bring a bottle of water- **NO OPEN WATER CUPS** are allowed in the studio & **NO OUTDOORS SHOES ARE ALLOWED** in the studio. We want to keep the wood floor free of sand, rocks, salt etc. for our yoga students.
- ◆ If this is your **FIRST TIME**, please come **15 MINUTES AHEAD OF TIME** to get your bike adjusted properly to your size.
- ◆ To ensure having a bike available for you, **RESERVE IT AHEAD OF TIME** by either call us, email us or tell us in person.
- ◆ If for some reason you cannot come on the day of the class, you need to **LET US KNOW**. You can **CANCEL up to 30 MINUTES BEFORE THE CLASS BEGINS**.
- ◆ If you **DO NO SHOW UP** and **DID NOT CALL** to cancel you will be **CHARGED** for the class.
- ◆ If you know that you will be **RUNNING LATE** CALL US TO LET US KNOW.

If there is anything we can do to make the class more enjoyable we want to hear it- **LET US KNOW**. In the mean time we are looking forward to having you in the class.