

Group Cycling Guidelines

- **Participants for group cycling classes are expected to sign up in person prior to class to reserve a bike.**
- **Sign-up will occur no more than 30 minutes before the start of each class.**
- **If the roster is full, you will be placed on a waiting list. First come, first served.**
- **If a class is full and a member who has signed up is not on their bike 5 minutes after the scheduled starting time of class, they will lose their bike to the next person waiting.**
- **If the class is full and a member who has signed up does not have a bike, the instructor will take roll.**
- **Cycle at your own level of fitness.**
- **Please bring water and a towel to each class.**
- **Please arrive 5 minutes early if new to cycling classes and alert instructor.**
- **Please leave seat and handle bars at the highest secured position and turn resistance all the way left.**

*Thank you for supporting the YMCA's core values;
Caring, Honesty, Respect, & Responsibility.*

Have a great workout!