



Welcome to Cycling at Precision Pilates.

Indoor cycling has many benefits:

- 1) It's a great aerobic activity.
- 2) Strengthens the lower body muscles.
- 3) It tones the quadriceps and hamstrings.
- 4) Works the core thus serving as a compliment to your fitness goals as well as an ideal adjunct to your Pilates here at Precision Pilates. Indoor cycling can serve as a great warm up to your next class, as well as a great off-season training tool for cyclists.
- 5) Using the heart rate monitor helps you to keep your exercise within your target zone.
- 6) Best of all...we can put those Pilates Principles to work as we focus on i.e., Neutral

Spine/Neutral Pelvis, Ribs Funneling, Blades Drawn, Abs Back!!!

What to Bring To Class:

Water – At least one, preferably 2 water bottles. You should be drinking at least 8 ounces of water for every 10 minutes you are on the bike.

Shoes - Tennis shoes do work (the bikes have the baskets). However, cycling shoes with clips allow for an optimal balanced peddle stroke and tend to reduce aching/numbness through the feet during class.

Moisture Wicking Top

Cycling Shorts – Padded Shorts add comfort during the ride. A gel seat cover may also be used if this is your preference.

A heart rate monitor – This can be beneficial to your training. It's an accurate way of keeping track of your heart rate. The monitor helps you to keep in your target heart rate zone and shows your progress. Your instructor will provide you with ranges to guide you through your ride. It will also keep you safe. Exercising too hard increases the risk of injury and a heart monitor can warn you if you exceed your safety zone.

Towel – **You will sweat.** We do provide towels for you.

Prior to your first class, please arrive 5 minutes early so that your instructor can introduce you to the functioning of the cycle, fit you for your cycle, instruct you on proper cycling form and walk you through the various positions. This will also allow time to answer any additional questions you might have.

Cycling classes have multiple levels of fitness going on at the same time. Only you know your challenge level on any given day. So the saying "This is Your Ride" is stating just that. You control your resistance, your challenge level, and how you want to feel when the class is complete. Your instructor will provide you with "Challenges" as well as modifications to reduce intensity, maintain, or increase intensity of your work out. Again, if you feel you are riding outside your comfort zone, you are in control...It Is Your Ride.

Cycling does have its risks. In order to minimize these risks, please be mindful of the following:

Your instructor will provide cues that address form, check your own body to verify you are using proper form.

Your instructor will check in with you on where your heart rate/level of intensity should be, check in with your own body to verify you aren't pushing your threshold...or not pushing yourself hard enough.

Feed your body – Have a healthy snack 20-45 minutes prior to your ride so your body has energy to work with.

Hydrate your body – Hydrate before, during and after your ride and this will make your time on the bike that much more enjoyable.

Know your limits and ask questions if you have them. Safety and comfort are first and foremost.

Most importantly...Come Ready to Ride and Have Fun!