

INDOOR CYCLING

Indoor Cycling is Included in your Membership!

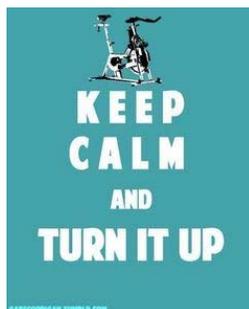
Indoor Cycling is a non-impact cardiovascular workout that takes place on special STAR-TRAC and Life Fitness stationary bikes. It is a group exercise program in which participants work at their individual fitness levels using Polar Heart Rate Monitors within the parameters of specifically designed class formats. All of our bikes are equipped with computers that allow members to keep track of their heart rate, RPM's and miles ridden when used with a Heart Rate monitor chest strap!

Our cycling program concept incorporates the mind/body connection and visualization, leaving riders with a great sense of accomplishment. Classes do not require a lot of coordination and are appropriate for men and women of all ages and abilities. The program consists of 4 Energy Zones which have their own heart rate parameters for a well-rounded fitness and conditioning program. The body uses different fuels at different intensities. Working at all these different intensities builds optimal health!

Orientations

An orientation is required for anyone who has never taken an Indoor Cycling class at the Witherell Recreation Center. We will go over bike settings, the five basic skills used during class & the use of a heart rate monitor. Orientations are FREE and require only 30 minutes of your time. Please fill out a request for an orientation at the Front Desk or email cheryl.bush@joinccba.org.

1. Members may sign up 48 hours in advance, either online or by speaking with a CCBA employee. No reservations are accepted by voicemail or email. Non-members may sign up the day of the class.
2. If cancelling, we ask that you give a minimum 30 minute notice so we can accommodate those on our wait list.
3. Participants arriving more than 10 minutes after the class has begun cannot participate.
4. Participants are asked to not leave early as a proper cool down period is required for safe exercise.
5. Water bottle(s) are required. The use of heart rate monitors are strongly encouraged.



(updated 1/18)

For those that want to Cycle only...

Indoor Cycling Pass Fees

(Unlimited # of classes)

Category	1 Month	3 Month	6 Month	Annual
Corporate rate	\$59	\$159	\$285	\$459
Non-member	\$69	\$188	\$337	\$541

Walk-in and Punch Cards include the Indoor Cycling class AND use of the facility.

Non-member Walk-In	\$16
10 punch walk-in Card	\$114

Classes Offered

Endurance

Participants train their body to be more efficient at metabolizing fat and maintaining a constant steady state of training, sometimes for extended periods of time. Heart rate training is between 65-75% of your maximum working heart rate. Increased pedaling efficiency and aerobic capacity are the main focus of this class.

Strength

Heavier resistance during this class helps develop muscular endurance and power! Your heart rate will range between 75-85% of your maximum working heart rate. The goal of this class is to build cardiovascular strength to handle a slightly uncomfortable pace. The heart rate straddles the aerobic and anaerobic energy zones. Switching from one form of energy metabolism to another improves their efficiency!

Interval

An interval workout emphasizes regular work efforts with recovery time between challenging acceleration drills and "fast flats". Your heart rate will range between 65-92% of your maximum working heart rate. A substantial aerobic fitness base is recommended, or you can work at a lower more appropriate intensity to get the most from an interval ride. The goal of this class is to improve your recovery time between work efforts, which is a clear indication of increased fitness.

Race Day

Race day is a special event! Come well hydrated, rested and prepared to get pushed to your limit. It is an invigorating and exciting workout, which tests your fitness level. It stimulates the adrenalin, a physical challenge you would experience in an actual race. Your heart rate will range between 80-92% of your maximum working heart rate.

Threshold Training

Find out what your maximum working heart rate is to better allow more accurate measures to predict your working zones.