

GROUP CYCLING DEFINITIONS

What you need to know!

***RESERVE YOUR BIKE THE DAY BEFORE THE CLASS YOU WISH TO ATTEND BY CALLING 404-350-9292**

***TOWEL AND WATER BOTTLE REQUIRED. TWO WATER BOTTLES, HEART RATE MONITOR, AND GEL SEAT OR CYCLING SHORTS ARE STRONGLY RECOMMENDED**

***FIRST-TIME RIDERS SHOULD NOT ATTEND THE M/W/F 5:45AM OR SAT. 8:10AM CLASSES, BUT ARE WELCOME AT ALL OTHERS. WE RECOMMEND THAT YOU TAKE A CLASS MARKED AS "E" FOR YOUR FIRST RIDE.**

PLEASE MAKE EVERY EFFORT TO ARRIVE ON TIME---IF YOU ARE LATE, YOUR BIKE RESERVATION IS FORFEITED. ***FIRST TIME RIDERS NOT ADMITTED AFTER THE CLASS HAS STARTED, SIMPLY BECAUSE IT TAKES ABOUT 10 MINUTES FOR THE INSTRUCTOR TO SET YOU UP ON THE BIKE AND EXPLAIN ALL THE SAFETY PRECAUTIONS

WHAT THE LETTERS ON THE SCHEDULE MEAN

"I" —this is an interval class, with several different movements and heart rates up to 90% of your max and above. Beginners should strive to keep their heart rates below 85%

"S" --- this is a strength ride, with lots of hills, and heart rates up to 85% of your max, or just to your anaerobic threshold.

"E" --- an endurance ride...heart rate stays no higher than 80% of your max. A ride to build your energy and your aerobic base. Lower intensity, but more mental focus

"TRI"---a regular class takes place on this day from 10:30am-11:30am, but participants are encouraged to meet on the pool deck at 10:00am for 20 minutes of swimming before class, then head out for a run afterwards. Two instructors run this class---one stays in the room and leads a full cycling class, the other goes out on the swim and run with those who wish to do all three!

"RACE DAY" -- an intense, all-out effort, with heart rates staying in the 85% and higher range for most of the ride. Only offered periodically to prevent overtraining, and not recommended for beginners