

# Indoor Cycling



Indoor Cycling is a group exercise class focusing on endurance, strength, intervals, high intensity, and recovery that use a special stationary exercise bike with a weighted flywheel in a classroom setting. Classes are set to music as you climb hills, push through sprints, and pedal across flats.

Cycling is a fun, but challenging, mode of exercise aiming to build endurance, improve cardiovascular fitness levels and torch calories.



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## Benefits of Cycling

- ◆ Everyone can benefit from indoor cycling: all ages and fitness levels will find it to be challenging and rewarding.
- ◆ The rider is always in control of the cadence of cycling and the tension on the flywheel.
- ◆ There are no complicated moves, techniques, or choreography to master.
- ◆ Indoor Cycling is a non-impact activity, and causes less stress on knees, hips and ankles than many other forms of cardio.
- ◆ Great instructors will lead you through a mental journey of hills and valleys, sprints and recovery periods, that make indoor cycling a fun mode of exercise.