



## Recreation Center Fitness Studio 1 – Cycling Room

### General Policy

- Cycling classes are on a reservation basis. Reservations may be made at the Pro Shop up to 24-hours ahead of time
- Drop-in, informal use IS NOT permitted
- Entry to any class is prohibited after the warm-up period has been completed
- Non-marking, non-scuffing soled shoes only. Bike shoes are permitted
- Leak-proof personal water bottles are permitted. No other drinks or food permitted
- Any bleeding or injuries must be reported to Recreation Center staff immediately

### Equipment Use

- The lead cycling bike and stage is for Recreation Center instructors only
- Bikes are to be wiped down after use
- Audio visual equipment is to be operated by Recreation Center staff only
- Equipment problems should be reported immediately to Recreation Center staff

### Appropriate Use of Studio - Cycling

- Prescheduled cycling/fitness classes