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