



## Robertson County Family YMCA

### Indoor Cycling Program “Rules of the Road”

- 1) A member may sign up for only one class per day.
- 2) A member may reserve only one bike for himself/herself.
- 3) Bikes may be reserved in person or by phone starting 24 hours before the time of the class, (ie. You may call at 5:30 PM Monday to reserve a bike for the 5:30 PM Tuesday class.)
- 4) Sign up sheets for all classes will be kept at the front desk.
- 5) Riders should arrive to class at least 5 minutes early to make adjustments to their bikes as needed.
- 6) Members who have not taken Indoor Cycling before will need to be 10 minutes early to get set up on their bike.
- 7) Any participant not present at the time class starts will forfeit their bike, if there are members on a waiting list.
- 8) We recommend that members bring a water bottle with them to class.

Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping persons grow in spirit, mind and body.