

# Group Cycling

Find our Schedule online at  
[www.jccrochester.org](http://www.jccrochester.org)

Group Fitness and Wellness Director  
Val Redmond, 461-2000 ext 271  
vredmond@jccrochester.org

Effective **May-June 2017**

## JCC Group Cycling Program

### Sunday

9:00am 60min Diane R

### Monday

12:00pm 45min Becky S  
6:00pm 60min Kim L

### Tuesday

5:45am 60min Ursula D  
10:00am 60min Lynda S

### Wednesday

12:00pm 45min Becky S

### Thursday

5:45am 60min Nancy P  
10:00am 60min Lynda S  
6:00pm 60min Bev H

### Friday

12:00pm 45min Becky S

### Saturday

9:00am 60min Dana P

#### **Seasoned Cyclists:**

*You should be on the bike and ready to ride 5 minutes before the class starts. If you must come in late, please enter quietly and warm up on your own so as not to disrupt the class.*

#### **Reserving Bikes:**

Each rider is allowed to reserve **1 bike only** by placing a towel on it prior to the start of class. If you are not on the bike at the scheduled start time of the class the bike will be open to any waiting riders.

#### **New Students:**

Newcomers are welcome to attend any class on the schedule. *You should arrive 10 minutes early* for bike orientation. Late arrivals will NOT receive personal bike set-up assistance from the instructor.

#### **You may experience the following:**

- Sore buttocks- we recommend wearing bike shorts or using a gel seat to minimize discomfort.
- Sore calves/feet- make sure toe strap is secure but not too tight and your feet are not jammed into the toe cage. Remember to wiggle the toes occasionally. Hard soled or cycling specific shoes are recommended. Be sure to pull up on the pedals with the heels down as well.
- Numb hands- Keep the upper body relaxed and a light grip on the handlebars.
- Dehydration-a water bottle is a must! You should consume 40 oz. of water before, during, and after class.

#### **Please note:**

\*Please refrain from wearing any strong perfumes, oils or colognes.

**Keep in mind Group Cycling is NOT a competition.  
It's YOUR ride- make it a fun one!**

#### Our Certified Staff

Eke Aiono, Marcy Bell, Lisa Birnbaum, Michael Bobry,  
Ursula Burke, Bev Hillabrandt, Kim Levitsky,  
Nancy Perry, Dana Pierce, Diane Richeson,  
Steve Richeson, Liza Savage-Katz  
Rebecca Schmidt, Lynda Stock, Karyn Voorhees

The Group Cycling Studio is open for members to use during all open fitness center hours. Plan to exit 15 minutes prior to start of a Group Cycling class. Check schedules for class times.

Please note there are no certified instructors currently in the area. Pedal safely.

A minimum of 10 regular participants are required to keep classes on the schedule. Classes are subject to change.

Children must be 14 or older to attend Group Fitness Classes

