

Indoor Cycling Programs Guidelines

We had a fantastic response to last winter's indoor cycling sessions. To handle demand for the 2008-2009 sessions, we made changes to streamline the process and eliminate confusion for class participants and store patrons.

Great things are worth planning ahead whether it is dinner at a great restaurant or a space in a spinning class. To that end ~

'Unlimited' Sessions:

To allow us to save trainers only for participants who will actually be at the sessions ~

Participants must **CHOOSE the session(s) that they plan to attend** when they sign up for an 'unlimited' number of sessions (AM, PM, Sunday, and/ or a combination). Once that is done, you can come to the session(s) chosen ahead of time as often as you like WITHOUT calling us ahead of time.

Note: This does not mean that you cannot come to a session that you did not sign up for as 'unlimited'. Just CALL the shop ahead of time to see if we have space at that session. There will be no fee for the 'extra' session as you paid for an 'unlimited' number of sessions.

For example: You signed up for 'unlimited' Tuesday AM and Thursday AM sessions and Sunday mornings. Your schedule made it so that you want (or need) to ride Wednesday night every few weeks. Just call the shop by 3pm those Wednesdays to see if there are trainers available. If there are, you are set. If not, you will know ahead of time, and we apologize in advance!

CALL Ahead Policy:

To participate in any of the indoor cycling sessions without an 'unlimited' sign-up ~ **CALL the shop AHEAD of time for a reservation in the session.**

780-8200

For AM classes ~ Contact the shop by 5pm the day BEFORE the session

For PM classes ~ Contact the shop by 3pm the DAY OF the session

For Wednesday's AM Power Class ~ Contact the shop by 5pm Tuesday

For Saturday's LONG Ride ~ Contact the shop by 5pm Friday

For Sunday's AM class ~ Contact the shop by 5pm Saturday

Note: Participants can no longer just drop-in for the cycling classes. CALL the shop AHEAD of time for a reservation.

Bike Storage Fee:

The LIMITED bike storage is available on a first come, first serve basis and is only for participants who purchase an 'unlimited' WEEKLY class option of 3 or 5 months.

Storage will cost \$10 / month.

** Please call the shop and ask for Roger or Nikki to see if there is space.

Set-up time for classes:

Due to the fact that the shop is open and serving customers in the evening, cycling class participants cannot **set up for classes until 5:30pm.**

There will not be a rush for spaces at the sessions as cyclists CANNOT drop-in to classes unless they have made 'reservations' by either signing up for 'unlimited' sessions for that time or by calling the shop AHEAD of time – **780.8200.**

We thank you in advance for your support in this as we try to balance the needs of our customers with the needs of the class participants.

Cards Issued:

'Unlimited' class participants will be issued a card showing the classes that they signed up for and the length of their participation.

Please bring the cards to class and show them at sign-in so that we can keep track of numbers and participants.

Please visit the shop prior to the first class to pay for the sessions chosen, to fill out emergency contact information, to sign a waiver and to ask any questions, etc.