



## INDOOR CYCLING CLASSES

Based on feedback from members and staff we are implementing a new cycling sign-up process. There are two options. Pre-registration for class (currently being done) to guarantee bike is reserved or the Cycling pass system to take advantage of any open classes.

### REGISTRATION

- Sign-up either online or in person. Member must choose a specific class to register for. All sessions are 8 weeks.
- Pre-registering for a class guarantees a bike for the specific class the member has registered for.
- If you miss a class during the session, you may attend another cycling class as a make-up. To take a make-up class you must get a make-up pass from the Class Instructor or the Fitness Class Coordinator. Make-ups passes can only be used in classes that are not full.
- No refunds will be given unless the YMCA cancels a class due to low enrollment. The YMCA will then issue a credit for that class.
- Pre-registered participants must be to class on time, cycling pass members may utilize any open bikes.

### CYCLING PASS

- If you do not want to commit to one particular day and time and want to freely attend any class, you may purchase a Cycling Pass.
- The Pass includes 8 classes that you can attend whenever you want. You may purchase as many passes as you would like.
- Please bring 1 pass with you to class and place it on the handle bars of your bike. The instructor will collect all passes at the beginning of class.
- Cycling passes can be used for any class that has space as long as all pre-registered members have a bike. Most classes have space for multiple cycling pass holders. If a situation occurs where there are not enough bikes for pre-registered members cycling pass holders will be asked to give up their bike based on a last one in first to give up a bike.
- Passes may be carried over into other sessions.
- Passes may be used at either branch.
- No refunds will be given.

#### Fee Structure:

Family Full Members: \$12.00

Full Members: \$14.00

All cycling classes are for Full Members only.

Classes and Instructors are subject to change – if no one registers for a class, the YMCA has the right to cancel the class.

**Towel and water bottle required.**