

Indoor Cycle

Can I participate in Cycle Classes:

Anyone can benefit from indoor cycling because you can go at your own pace by controlling the resistance on your bike or adjusting your leg speed. Taking classes is a great way to get fit and reach your fitness goals. Regardless of how fit, flexible or coordinated you are, you'll get a great workout. Simply hop on your bike, set the resistance to the level that's right for you and let your instructor guide you through an incredible ride.

What should I expect in an Indoor Cycle Class at Lake Forest Health & Fitness Center:

Each class is a little different, but it is adaptable to your fitness level. Remember that there's no competition. Listen to your body and adjust the resistance on your bike accordingly. If you're a first-timer, let your instructor know so that he or she can make sure your bike is properly adjusted and give you an overview of how to work your console.

What should I bring to my first Cycle Class:

Comfortable workout attire and a bottle of water is all you need to get started. However, a heart rate monitor and cycling shoes may help you get the most out of every ride.

By wearing a heart rate monitor, you will be better equipped to assess the intensity of your ride and determine when to push harder, maintain your pace or reduce your effort.

Cycling shoes enable more powerful and efficient pedal strokes by facilitating a push/pull action. This ensures your muscles are being used at their full capacity!

How do I sign up for a Cycle Class:

When checking in at the Front Desk, notify the staff that you would like to participate in the Cycle Class. You will be given a numbered tag that you are to hang from the bike of your choice. Don't miss out on the warm-up! Proper form, safety and console cues will be addressed during the warm-up to be sure you are properly set up for your ride. All tagged yet unoccupied bikes at the start of the class will be made available to waiting participants.

For more information on Cycle Classes,
please contact Samantha Murray at
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