

Getting Started

a guide to your first three classes



What is Group Ride?

Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!



What is Involved in a Class?

Group Ride uses cycling principles and matches speeds, positions and resistance levels to music, creating a simple, fun and effective way to cardio train in groups. The class is broken up into nine songs of different terrains, speeds and intensity. One minute you will be climbing the Alps, the next minute you will be hanging onto the back of a peloton, just cruising ... all to a jamming soundtrack.

Group Ride has very controlled speeds to ensure that everyone can "keep up." As you gain confidence and increase your fitness level, you just keep cranking up the resistance to work harder and challenge yourself even more.

Who is Group Ride For?

Group Ride attracts many different users because of the ability to ride your own bike and control the gears. Group Ride is for anybody who wants to improve their cardiovascular fitness, burn calories, burn fat, shape and strengthen their lower body and have fun doing it.

- New exercisers will be successful in Group Ride because of the simplicity, controlled speeds and the ability to work as hard as you want.
- Group Ride is great for men and women, conditioned and deconditioned, experienced or new to cycling.
- Group Ride is a great cross training option to add variety to any workout.
- Even avid cyclists are attracted to Group Ride as an indoor or off-season cycling option.

How Often Can You do Group Ride?

Because Group Ride is a cardiovascular training class, you can do it once a week in addition to other workouts or you can do it most everyday.

As a beginner to exercise you wouldn't want to do too much too soon, but as your fitness level and recovery improve, you will be able to increase workout volume and intensity.



Headwaters **Racquet Club**
tennis · squash · fitness

How You Can Expect To Feel

Before Class

It is perfectly normal to feel apprehensive and nervous before your first Group Ride class. Most of us do not like to be "new" at something. It is especially important in Group Ride to acknowledge that you may feel uncomfortable in your first class. Learning the feel of the bike seat and how to "ride" your bike will take some time. Once your apprehension fades and you become comfortable with the class, you will discover that Group Ride is a fun and addictive workout.

During Class

Time will fly. You might have mixed emotions. You will probably be excited and apprehensive at the same time. Just go with it. Remind yourself that you are new and that you have to start somewhere. It might seem like the class is moving a little faster than you would like, but that is only because the terminology and movements are somewhat unfamiliar. In addition, your rear end may feel uncomfortable in the beginning, but you will adapt. With each class, you will become a little bit more comfortable.

After Class

You will be excited to get your first class under your belt. It is important to know that you will be sore. With any new workout or at the start of any exercise program, you experience muscle soreness. This is because your body is adjusting to the demand being placed on your muscles and is perfectly normal.

What to Wear

The most important thing to wear is appropriate cycling attire. It is well worth it to invest in a pair of cycling shorts. Cycling shorts are padded and give a little extra comfort where needed. These shorts can be paired with a top in which you can sweat. You perspire a lot in Group Ride!

Once individuals are hooked on Group Ride, they often choose to buy cycling shoes. These are not necessary for the workout and are a matter of preference. We advise that you wait until you see how much you like the program before investing in cycling shoes. Regular workout shoes are fine to wear.

What to Bring

Bring your energy, a towel and a large water bottle. Hydration is extremely important in Group Ride.

Arrive Early

It is important to arrive 15 minutes before class to meet the instructor. During these 15 minutes, the instructor will ensure that you are comfortable during your first class and answer any questions you may have. The instructor will ask you such questions as:

- Have you ever exercised?
- Have you ever participated in group fitness?
- Have you ever participated in group cycling?
- Do you have any injuries or problems that might affect your ability to participate?

Arriving 15 minutes before your first cycling class is also very important so that the instructor can show you how to set up your bike correctly.

Where to Position Your Bike

The best bike position is within clear view of the instructor. It is not necessary to be at the front, but try to be in the center of the room.

How to Approach Your First Three Classes

It is good to attend your first couple of classes with the simple objective of learning how to "ride" your bike, the class format and the basic terminology used. Try not to concentrate so much on the quality of your workout; that will come later as you become more familiar with cycling. Try to approach the class thinking more about how to adjust the resistance and less about keeping up.

Since cycling for the entire class during your first couple of classes can be quite challenging, please feel free to stop if you feel that you have had enough. However, if you stop, be sure to stretch thoroughly. Another option is to stay seated on your bike and pedal slowly to help in recovery. No one minds if you do this, and the instructor might even recommend it.

Talk to the Instructor After Class

Remember to talk to the instructor after class. For example, let him or her know how you felt and if anything was particularly challenging for you. The instructor will then make recommendations for your next class. Most of all have fun during your first Group Ride experience!