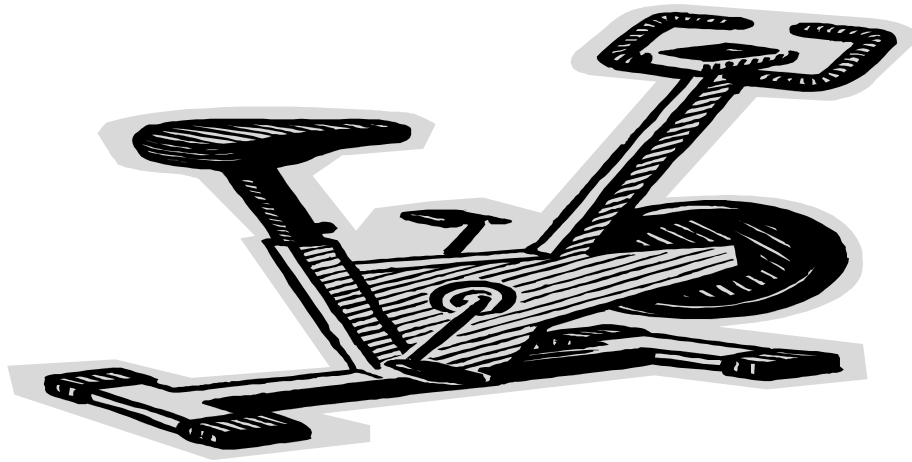


# IT'S HERE!!!

# INDOOR CYCLING



## INFORMATION

### HOW TO JOIN A CLASS?

1. Each participant must pick up an authorized number located at the Student Recreation Center's Welcome Center Desk 30 minutes prior class beginning. Class size is limited to 14 participants.
2. Each participant must turn in numbered card to their instructor upon entering the class. It is recommended that you be present at least 10 minutes before class starts to set up your bike.
3. When all the numbered cards have been handed out at the Welcome Center - the class is full. There is NO waiting list or sign up sheet.
4. No one is allowed to enter class once it has begun.
5. Only 1 card per participant

### WHAT TO BRING?

1. Towel
2. At least one water bottle (The bikes are equipped with two water bottle holders. NO open containers are allowed.)
3. Cycling shoes / or regular workout shoes (the bikes are equipped with cycling clips).

Classes are open to members of the Student Recreation Center. If you are not a member and are affiliated with Vanderbilt, you may be eligible to sponsor yourself for \$5 per visit. Please check out our members relations info at : [www.vanderbilt.edu/campusrecreation](http://www.vanderbilt.edu/campusrecreation) to determine your affiliation status.