Cycling

Schedule Effective 1/5/26 – 5/24/26

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Tim/Meredith/Nate 45 Minutes		Tim/Meredith/Nate 45 Minutes		Tim/Meredith/Nate 45 Minutes		
8:00 am						Megan 45 Minutes	
9:00 am	Monica/Amy 45 Minutes		Jaci 45 minutes		Heather 45 Minutes	Cycling for Beginners 30 Minutes Megan	
5:15 pm	Kim 45 Minutes		Cathy 45 Minutes				
6:00 pm		Kayla 45 Minutes					

Stay up to date with any class changes on the JAC App

Cycling Road Rules

1. **Cycling for beginners :** Please take this class first if you are new to cycling

   9:00 am every Saturday

2. **Sign-up:** Sign up on line 24 hours in advance.

3. **Guaranteed Bike Reservations:** Cycling classes are free. If you would like us to sign you up for a bike monthly, email the dates and class times you would like to be signed up for to JanesvilleAthleticClub@JanesvilleAthleticClub.Net by the 23rd of each month for your next month's reservations. This is $20 and guarantees you a place in the class but not a specific bike. No refunds will be given. No rollovers into the next month. All revenue is used to help keep the bikes well maintained.

4. **Safety:** For the safety of the ride, please arrive 5 minutes prior to scheduled class time. We encourage you to be on time for proper warm-up and instructions about the ride. Water is highly recommended for proper hydration.

5. **Workout:** Classes run approximately 45 minutes and are FREE. The bikes have computers that are able to display time, mileage, RPM's, and heart rate. Please bring your MyZone heart rate strap and watch if you have one.

6. **Footwear:** You have two options for footwear. Any athletic shoe will fit in the cages, or any biking shoe with SPD clips will snap into the pedals. If you switch from athletic shoes to biking shoes, please have a certified cycling instructor readjust your bike settings.

7. **Bike Etiquette:** Riders are responsible for wiping down your own bike before leaving the room.