

Bronson Wellness Center

Indoor cycling policies & class etiquette

Matrix Ride® is a wonderful way to experience the pleasures of cycling in a controlled, safe, fun and motivating group environment. Led by our experienced staff, Matrix Ride® will deliver the cardiovascular workout you have been looking for through inspirational music, instructor encouragement and other rider's enthusiasm during the class. Due to the popularity of indoor cycling we ask you observe the following policies and class etiquette.

1. Effective December 2018, a reservation will be required. Class size is limited to 14 riders and to ensure you have a bike waiting for you, please make your reservation at the service desk. A reservation can be made up to three (3) days in advance. (Today, plus 3 days.)

Example: On Monday you may reserve a spot for any Thursday class. On Friday, you may reserve a spot for any Monday class.

2. Due to the popularity of Matrix Ride®, **only one (1) reservation** is permitted on the schedule at a time. (You may sign up for another class when you check in for your current reservation.) This will allow all members an opportunity to experience this wonderful workout. Reservations can only be made by the participant. **No reserving bikes for other riders.**
3. Please be on time for class. **All riders must check in at the main service desk and pick up their Matrix Ride class card.** If you are not checked in prior to the start of class, your reservation will be forfeited and your bike will be given to the next person waiting for a bike.
4. If you make a Matrix Ride® reservation and fail to show for the class without cancelling, a \$5 no-show fee will be assessed to your account. Please make sure you confirm attendance on the reservation sheet located at the service desk before proceeding to the studio.
5. We recommend that all persons new to Matrix Ride® inform the instructor prior to class. This will allow the instructor to assist you with proper bike set up and instruct accordingly during the ride.
6. Bikes are not available for use outside of scheduled class time. If you show up prior to the start of class, you may set your bike to your personal setting however you may not begin to ride until the instructor is present in the room. **NO EXCEPTIONS!** When class ends, all riders are required to end their ride.
7. All riders are expected to participate in the instructor's ride. If you wish to do your own ride, there are spin bikes and exercise bikes available on the fitness floor. Matrix Ride® is an instructor based group exercise class and to help ensure a great ride for all participants, instructor cues must be followed at all times.
8. Towel and water bottles are strongly recommended.
9. All our bikes are equipped with toe strap and SPD (mountain bike) cleat systems.
10. To get the most from your workout, a heart rate monitor is strongly recommended.
11. At the end of class, please clean your bike and return it to its proper storage place along the west wall of the multipurpose room. **Never move a bike by the handlebars.**