

Cycling Room Etiquette



1. Please **arrive on time** for class and plan to stay for the entire ride. Warm-up and stretching are an important part of a safe, enjoyable ride.



2. **Talking** during class is **distracting** to other riders. Please be courteous to your fellow riders and instructor by keeping talking to a minimum.



3. **Turn off cell phones** or set them to **vibrate**. Please exit room before answering the phone.



4. Please **refrain** from wearing **perfume/cologne** or heavily **scented lotions** to class.



5. All Riders need to bring a **towel** and a **water bottle** to class.



7. Please **wipe** your **bike and floor** down completely at the end of class.



8. **Have a fun and safe journey!!!**