

# CYCLING SCHEDULE

3R-HALLWAY  
(Outside of running track)

Winter 2026  
Schedule is subject to  
change.

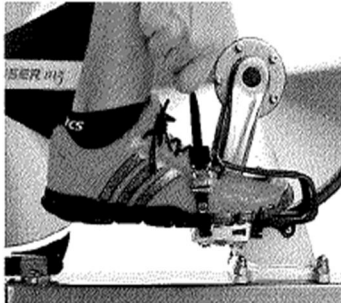
Classes are open to  
members 13+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
			10:45-11:30 Barb		9:00-9:45AM Tracey	
Evening						
5:30-6:15PM Tracey	5:30-6:30PM Beat Based Cycling Steph	5:45-6:30PM Patrick	5:30-6:30PM Beat Based Cycling Steph			

Updated 12/16/2025

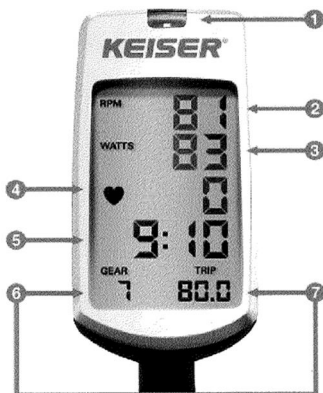
## Cycling Tips and Tricks

The Keiser m3 is designed with a fixed-gear system. To ensure a safe workout always secure the pedal clip strap by placing your foot on the pedal and in the toe cage, then pulling on the pedal strap so your foot is tightly but also comfortably secured.



## Keiser Screen Key

1. Backlight Display Sensor: easy visibility
2. Cadence or RPM (revolutions per minute): the speed you are cycling at.
3. Power Output: the amount of work put in & also number of calories burned.
4. Heart Rate: # of beats per minute
5. Elapsed Time: time spent cycling
6. Gears (1-24): amount of resistance
7. Odometer: overall trip distance



## Posture and Body Position

To decrease risk of injury and get the most benefits possible out of your cycling session, always practice proper posture by keeping your back in a neutral position.

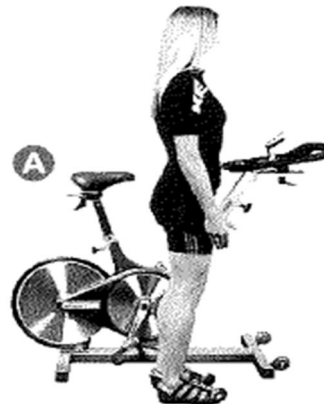


Figure A

Represents a neutral spine keeping a slight arch in the lower back

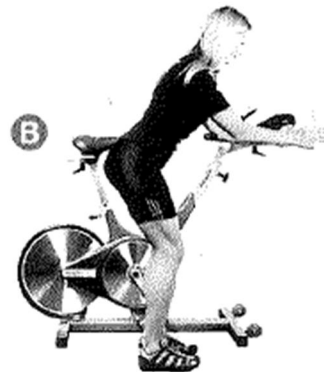


Figure B

represents what a neutral spine should look like in the seated position



Figure C

Represents maintaining a neutral spine with a hinge at the hips while in the seated position.

# CYCLING STUDIO

**Glenwood Park Y  
Keiser Indoor Cycling**



[www.ymcaerie.org](http://www.ymcaerie.org)