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NEWS RELEASE

Learn the Basics of Indoor Cycling

Durango, CO: Back by popular demand, the Durango Recreation Center will offer an “Introduction to Indoor Cycling” class on Saturday, December 9 from 12:30 - 1:30 p.m. in the aerobics studio. The class aims to introduce anyone, at any fitness level, to the fundamentals of an indoor spin class and to prepare students to participate in ongoing cycling classes at the Recreation Center.

Hosted by Indoor Cycling Instructors Caroline Eastburn and Bob Griffith, the class will begin with basic information and progress through a mock workout. The instructors will demonstrate how to push the Lemond Cycles into the studio, provide personalized bike set-up for each participant, and explain bike operation and safety. Additionally, they will familiarize the participants with the “how and why” of an actual class structure and reveal the physical and mental benefits of indoor cycling.

Cleverly disguised with music and fun, the introductory class will ease participants from their fall fitness routine into a great winter workout. The instructors will stress the importance of individual pacing in a group environment.

Bike shoes are not necessary for the class. The class is included with the daily entry fee or with membership to the Durango Community Recreation Center. For additional information or specific class questions contact Ann Camp via email at ann.camp@durangogov.org or by phone at (970)-375-7313.

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