

U.S. Coast Guard

Intro to Cycling

Starts Tuesday
4 Oct 2005
@1100-1200

- The cycling classes combine basic cycling movements with motivational coaching, breath awareness, and heart rate training in specific Energy Zones.
- Inspirational music in a non-competitive environment ensures a fun, effective experience for all ages and fitness levels.
- **Required items for class: water bottle, towel**
- **Recommended items for class: cycling shorts or gel seat, heart rate monitor**

When: Tuesdays and Thursdays from 1100-1200

Where: ISC Gym, 2nd deck

Sign Up: By Internet only on a first come first served basis 24 hours prior to class time.



To sign up for class, please use the URL below:

<http://cgweb.d14.uscg.mil/ischon/Web/w/hp/cycling.htm>