

Spin Studio Guide

How to get the most out of your the Cycling Studio.

FIRST & FOREMOST - these classes are for everyone. You set your own level of resistance. The instructors are well trained and helpful. Don't be afraid, give it a go!

You MUST book in advance at Reception or online for ALL cycling classes.

The class timetable can be viewed online on The Sports Club website. Always check this for daily news of programme changes or cancellations.

ALWAYS CHECK IN AT RECEPTION PRIOR TO YOUR CYCLING CLASS. Collect your booking receipt that proves you attended. (We aim to minimise no shows so failure to check-in may result in a no show penalty fee of £3)

Wear strong trainers or ideally mountain bike cycling shoes (cleats) which have a recessed clip. *NB: Road bike cleats are not compatible as they are not good for the indoor flooring.*

Bring a towel (as you will sweat) & full water bottle. Drink plenty of water.

Arrive 5 minutes before class. Find the bike number that you booked; they are numbered 1 to 14.

Instructors will show you how to adjust your bike and get comfortable. If it's your first class please don't climb on a bike until told to do so.

If you are attending a Virtual Instructor session it will begin automatically at the published time - screen, projector, lights, music, action! Your instructors are there on the screen.

Sports Club staff are normally available to assist you, so don't worry.

PLEASE NOTIFY CLUB STAFF IF YOU HAVE ANY PRIOR INJURIES OR ILLNESSES.

PLEASE ALWAYS WIPE DOWN YOUR BIKE AND SURROUNDING AREA AFTER YOUR CLASS.

Cleaning materials are provided.

Please send any feedback or queries to sportsclub@dulwich.org.uk

You may wish to download the free "Keiser M Series" individual app from your app store to monitor your session performance. This connects to any Keiser bike by Bluetooth. This data can then be exported to your personal fitness app.

Indoor Cycling is a highly efficient & low-impact way to make massive fitness gains in an environment of fun, great music and group energy. We hope you enjoy it!