



Indoor Cycling Information

Why Indoor Cycling?

During the winter months it gets harder to keep a regular schedule of cycling. Limited daylight hours and weather seem to conspire against our desire to ride and stay fit. Indoor cycling provides an option that offers a consistent schedule of 1 hour “rides” using a magnetic trainer and choreographed to music. You can use these rides to maintain fitness or build fitness.

All our “rides” will be at the Richardson Bike Mart, located at the Southeast corner of Campbell Road and Coit Road.

Our “season” begins Monday, November 4 and ends on Saturday, March 21.

For any of our “rides”, you will need to bring your bike (magnetic trainer if you have one), cycling apparel, water and a towel. Cost is \$10 per “ride”. Trainer rental is \$5 per “ride”. Other options include 10 “ride” punch cards, Unlimited Monthly or Unlimited Season.

Our Indoor Cycling is designed to offer something for ALL levels of fitness, including aerobic and anaerobic efforts. By design, each person in the “ride” controls the intensity of their “ride” with proper gearing and the appropriate resistance setting on their trainer.

First time clients should plan to arrive 30 minutes before class for orientation and set up.

For questions call 972-567-8365 or email to mike@BikinMike.com

Monday –Thursday

Bikin’ Blast 6:00pm – 7:00pm
Bikin’ Mike Keel

Saturday

Bikin’ Blast 8:00am – 9:00am
Bikin’ Blast 9:30am – 10:30am
Bikin’ Mike Keel

