



# Indoor Cycling Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Best Phone Contact \_\_\_\_\_

Best E-mail address \_\_\_\_\_

I have a heart rate monitor \_\_\_\_\_ I know my "zones" \_\_\_\_\_

I have a cadence/rpm computer \_\_\_\_\_ I understand gear usage \_\_\_\_\_

I have a magnetic trainer \_\_\_\_\_ I have been cycling \_\_\_\_\_

My biggest cycling challenge/problem is: \_\_\_\_\_

<b>Fees:</b>	<b>\$10 Per Class</b>	<b>\$5 Per Class Trainer Rental</b>
	<b>\$75 Ten class punch card</b>	<b>\$125 Ten class PC w/trainer</b>
	<b>\$65 per month/unlimited classes</b>	<b>\$85 per month with trainer</b>
	<b>\$325 per 5 month/unlimited</b>	<b>\$425 per 5 month with trainer</b>

**5 month package discount of \$25 offered until October 31, 2019  
Classes end Saturday, March 21, 2020**

**All Indoor Cycling "Rides" will be at the Richardson Bike Mart  
1451 W. Campbell Road, Richardson, TX 75080**

### Acceptance of Risk:

I, \_\_\_\_\_, the undersigned, understand that I should consult with my physician before participating in this program. I also understand that with participation in any exercise program or athletic activity, there is an inherent risk of personal injury. I am willing to accept this risk and with my signature affirm that I will do everything possible to minimize that risk.

**Participant Signature**

**Date**

Please bring this completed registration form with you if you paid online.  
Paying by check? Please mail your check (payable to Bikin' Mike) with your completed form to:  
**Bikin' Mike, 2620 Glen Forest Lane, Plano, TX 75023**