



THE BENEFITS OF GROUP CYCLING

1: Cardiovascular Health

Cycling is a great cardio workout that allows you to go at your own pace, set your own resistance, and reach your own goals in a guided class setting. RAC has classes ranging from 30 minutes to a full hour, so you can choose the workout that's right for you.

2: All Levels Welcome

Cycling is beneficial for all fitness levels. Brand new to biking? Been cycling outdoors for years? Classes are as hard as you make them. BONUS, 20 miles per week on a stationary bike can reduce your risk of heart disease to half of that of a non-exerciser!

3: Cross-Training

Cycling, as a low-impact, non weight-bearing exercise, is perfect for shaking up a weekly routine. Taking a load off your bones while reaching cardio performance may be the change you need to get over an exercise plateau. Plus, there's great music in all of our cycling classes!

4: Therapeutic Support

Cycling is a low-impact workout that's great for anyone with pre-existing injuries or overworked joints. Indoor cycling is often prescribed as therapy for those recovering from back pain, leg, hip, and knee injuries. It is a great replacement for high-impact sports and can be used by athletes of all ages.

MAKE IT YOUR OWN
IN THE CYCLING STUDIO



Check out our full cycling schedule at www.RaintreeAthleticClub.com/Cycling