

***Easy Ride for Special Populations***  
***5-week Pilot-Summer 2008***

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# De-mystify Studio Cycling

- Create a friendly class milieu
- Introduce members to each other before every ride to create community
- Honest encouragement and praise during the ride

# Step by Step Instructions

- **Keep instructions simple**
- **Start with the basics of cycling**
- **Repeat the same format for every class**

# Keep 'Em Coming Back

- **Empowerment – they feel great after finishing a 30-minute ride**
- **Stress water, cool down and stretching**
- **Monitor recovery heart rate progress**

# Results of 5-Week Pilot

- 45 members tried cycling for the first time (56 attendees)
- All admitted to feeling like they would not be able to finish a class
- 81-y.o., 77-y.o., 2 asthmatics, 2 taking beta blockers, 1 congenital heart repair, several extremely overweight and obese, many deconditioned