Indoor Cycling Benefits

It is recommended that healthy adults aged 18-65 years old participate in moderate intensity aerobic activity for a minimum of 30 minutes, 5 days per week; or, vigorous intensity aerobic activity for a minimum of 20 minutes, 3 days per week. Cycling is a great way to get your aerobic activity!

Beat the Summer Heat and Try Indoor Cycling

- An indoor cycling class will steadily keep your heart rate well within a likely vigorous range for approximately 45-60 minutes.
- If your fitness goals include weight and/or fat loss, you've come to the right place. According to spinning.com, individuals can burn anywhere between 400-600 calories per average 45-minute class.
- Indoor cycling is a low impact workout. When done correctly, there is minimal impact on the hip, knee and ankle joints.

Source: American College of Sports Medicine

The Blomeyer Health Fitness Center and Woodruff PE Center both offer indoor cycling classes on Emory’s Clifton Campus.

- Blomeyer class schedule can be found [here](#).
- Woodruff PE Center class schedule can be found [here](#).

Try New Bikes at Blomeyer

Visit Blomeyer on Friday June 30* for the indoor cycling party!

Class Times: 11:00 am-11:30 am & 4:30 pm-5:15 pm.
Try the new indoor cycling bikes and get a great workout for free.
Open to members & non-members

*can’t attend June 30? Call Blomeyer 7-4600 to schedule another class time.