

Ride Louder FAQs

Will the program sell out?

The in-person program will have limited enrolment to ensure plenty of social distancing, and will likely sell out. A waitlist will be available for those who wish to wait for an in-person spot. *We recommend registering early to secure your spot.* The virtual program will not be limited.

If I sign up for in-person, will I have access to the virtual program?

Yes, the virtual program will be made available to all Ride Louder athletes! Only those that sign up for the in-person program will be allowed to attend the coached classes. Riders will also be allowed to reserve a bike when classes are not being taught to follow the virtual program on their own.

Will the in-person program be the same as in years past?

Though the basic structure of the workouts will remain the same, the in-person Ride Louder classes will be scheduled differently this year to accommodate the JCC's new hours. Classes will be as follows:

- **Mondays:** 6:10 - 7:10 AM; 12:15 - 1:15 PM; 5:50 - 6:50 PM
- **Tuesdays:** 6:10 - 7:40 AM; 12:15 - 1:45 PM; 5:20 - 6:50 PM
- **Wednesdays:** 6:10 - 7:10 AM; 12:15 - 1:15 PM; 5:50 - 6:50 PM
- **Thursdays:** 6:10 - 7:40 AM; 12:15 - 1:45 PM; 5:20 - 6:50 PM
- **Fridays:** 6:10 - 7:10 AM; 12:15 - 1:15 PM

In-person athletes will need to reserve each specific day and time in advance. This reservation system will be made available on a weekly basis and it will be first come first served until all bikes are claimed. Anyone that has signed up for the in-person program will have the opportunity to attend the coached classes.

There will still be 4 distinct workouts per week. Monday, Tuesday, and Thursday will be stand-alone workouts. Wednesday and Friday will be the same workout. It is recommended that you only attend a maximum of 4 classes per week. As always, maximum attendance is not required and positive results come from regular attendance no matter the frequency. If you can only attend 2-3 workouts regularly, this program is still highly valuable.

What will the virtual program be like?

The workouts will be live and recorded for access via a password protected website exclusively available to Ride Louder participants. Virtual workouts will be the same as in class.

What equipment do I need for the virtual program?

Equipment Needed:

- Bike (with either an indoor trainer or spin bike - Keiser or similar)
- Fan (optional but keeping cool is key!)
- Sweat towel
- TV/phone/tablet (Wi-Fi enabled)
- HR monitor
- Cadence sensor
- Power meter (preferred but not required)

Jeff recommends your personal bike mounted to a smart trainer, however, smart trainers are not required. Any trainer that allows you to adjust resistance is perfectly acceptable as is a stationary bike such as the Keiser bike or similar.

Smart trainers are ideal because they measure power and can be connected with Wi-Fi to use specific apps to make the riding more interactive.

If I sign up for the virtual program, will I be able to come in and ride the JCC's bikes when there isn't a class? What if I am a non-member?

Members and non-members will be able to reserve a bike and time to use the bikes when in-person Ride Louder classes are not in session and the bikes are available.

What measures will be in place to mitigate the risks of COVID for the in person class?

The JCC has strict protocols in place as keeping everyone healthy and safe is our top priority. **Masks must be worn at all times unless you are on your bike. When coaches are not on the bike, they will be required to wear a mask.** The bikes and room have been set up to allow for 10 feet of separation between athletes. The air filtration system has been set to allow the recommended air flow to help prevent the spread of air particles or droplets. After every class our team will disinfect and sanitize all equipment and the air in the room.