



endurance training systems

## Frequently asked questions about ETS Indoor Cycling

*Do I have to bring my bike?*

YES

*Do you provide the stationary trainer?*

Yes, we provide a Tacx Flow ergotrainer for all participants.

*Where are the sessions located?*

All sessions are hosted in the Athletic Training Zone (ATZ) which is located behind gym # 1.

*Can we ride any time outside of a scheduled class?*

No, your registration fee only covers the class or classes for which you have actually purchased.

*Can I attend another session or class if I miss one?*

No since all sessions are full, we can not accommodate more people in a session. If a specific circumstance beyond your control arises and you must miss a session, please speak with the coach of the session or the ETS Coordinator.

*Can I leave my bike in the ATZ?*

No bike storage for participants is provided within the ATZ. Due to limited space in the ATZ, we can not provide this service. Keep in mind that bicycle theft from the area is quite high and the Talisman Centre and it's staff will bare no responsibility for stolen property.

*Additional information*

We provide energy gels for each session up to 2 gels per participant. There is a water fountain in the area and located outside of the main change rooms for bottle re-fills. We do not provide drink mixes or towels for each session.

Participants are provided a swipe card that will gain them access to the facility on the day of the registered program/class. This card will allow participants to enter the Talisman Centre 30minutes prior to the class start time. Participants are therefore permitted to begin setting up their bike 30minutes prior to the class start time but no sooner.



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