



RULES

Use bikes that are available in the Fitness Center.

Notify Fitness Center staff before you begin your cycling workout.

Choose any speed and resistance.

When you have completed, ask a staff member to record your information on the M.O.M. board.

Only full miles count - e.g. if you finish 2.5 miles, only 2 miles will be recorded.

Participate as many times as you would like during the month!