

Spinning® August 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
1 9:30a Carole:Tr Session 6:15p Lew:Tr Session	2 9:30a Irene:Tr Session	3 8:45a Julie:Tr Session 6:00p Lindsay:Tr Session	4 8:15a Kristen:Tr Session	6 9:00a Gail:Tr Session
8 9:30a Carole:Tr Session 6:15p Lew:Tr Session	9 9:30a Irene:Tr Session	10 8:45a Julie:Tr Session 6:00p Lindsay:Tr Session	11 8:15a Kristen:Tr Session	13 9:00a Kristi:Tr Session
15 9:30a Irene:Tr Session 6:15p Lew:Tr Session	16 9:30a Irene:Tr Session	17 8:45a Julie:Tr Session 6:00p Lindsay:Tr Session	18 8:15a Kristen:Tr Session	20 9:00a Kristi:Tr Session
22 9:30a Carole:Tr Session 6:15p Lew:Tr Session	23 9:30a Irene:Tr Session	24 8:45a Julie:Tr Session 6:00p Lindsay:Tr Session	25 8:15a Kristen:Tr Session	27 9:00a Kristi:Tr Session
29 9:30a Carole:Tr Session 6:15p Lew:Tr Session	30 9:30a Irene:Tr Session	31 8:45a Julie:Tr Session 6:00p Lindsay:Tr Session		

SPINNING®

What is Spinning®? Spinning® is a heart rate training program for new riders and serious athletes alike. The goal in Spinning® is to build a strong aerobic foundation and help each individual reach his or her fitness goal by utilizing the Energy Zones described below. New participants should ride ENDURANCE classes for their first 2 months of Spinning® to develop a strong base. From this base, riders may vary their training intensities using all of the Energy Zones.

ENDURANCE

The Endurance Energy Zone uses an even exertion of energy for a sustained period, with the heart rate range between 65% and 75%. The Endurance Energy Zone trains the body to be more efficient at metabolizing fat and maintaining a consistent pace for extended periods of time. This is the best class for overall fitness and aerobic base building.

STRENGTH

The Strength Energy Zone involves a heart rate training intensity of 75% to 85% to build power and speed. This type of training promotes muscular and cardiovascular development.

INTERVAL

The Interval Energy Zone emphasizes speed, timing, tempo, and rhythm with a heart rate training range of 65% to 92%. The Interval class emphasizes effort as well as recovery.

RACE DAY

The Race Day Energy Zone demands peak performance. This is a sustained challenge with heart rates between 80% and 92%. This class is a mental and physical challenge. The participant strives for peak performance. This class should not be attempted until at least 2-3 months of aerobic base building has been successfully completed.

TRAINING DAY

The Training Day Energy Zone allows you to work within the heart rate parameters of your choice.

TRAINING SESSION

The Training Session trains in multiple intensity zones. These sessions can range from Endurance training all the way up to Race Day level intensities. All fitness levels welcome.