

Spinning® August 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00a Circuit&Express:Gail	2 9:00a Intervals:Carrie
3 9:00a Strength:Dan	4 6:00a ExSpinFlexCore:Carrie 9:30a Aerobic Int:Carole 6:00p Strength:Lew	5 9:30a SpinFlexCore:Irene	6 8:30a Endurance:Gail 5:30p Express:Jen	7 9:30a Beginner:Irene	8 9:00a Circuit&Express:Gail	9 9:00a Strength:Carrie
10 9:00a Aerobic Int:Dan	11 6:00a ExSpinFlexCore:Carrie 9:30a Strength:Carole 6:00p Endurance:Lynn	12 9:30a SpinFlexCore:Irene	13 8:30a Intervals:Gail 5:30p Express:Jen	14 9:30a Beginner:Irene	15 9:00a Circuit&Express:Gail	16 9:00a Instr Choice:Carrie
17 9:00a Intervals:Dan	18 6:00a ExSpinFlexCore:Carrie 9:30a Rolling Hill:Carole 6:00p Intervals:Lew	19 9:30a SpinFlexCore:Irene	20 8:30a Training Day:Gail 5:30p Express:Jen	21 9:30a Beginner:Irene	22 9:00a Circuit&Express:Gail	23 9:00a End/Strength:Carrie
24 9:00a Training Day:Dan	25 6:00a ExSpinFlexCore:Carrie 9:30a Intervals:Carole 6:00p Instr Choice:Lynn	26 9:30a SpinFlexCore:Irene	27 8:30a Strength:Gail 5:30p Express:Jen	28 9:30a Beginner:Irene	29 9:00a Circuit&Express:Gail	30 9:00a Intervals:Carrie
31 9:00a Endurance:Dan						

Express Spin®: 30-45min. Cardio Workout - All levels are welcome

Beginner Spin®: Learn bike set-up and core-movements of Spinning® ♦ Circuit & Express Spin®(30min resistance circuit + 30min Spin®)
thesoleburyclub.com 215-794-3494 Buckingham, PA 18912

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.