

## Spinning® March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30a Carole:Tr Session 6:15p Lew:Tr Session	2 9:30a Irene:Tr Session	3 8:45a Irene:Tr Session 6:00p Jen:Tr Session	4 9:30a Irene:Beginner Express	5 9:30a Gail:Express	6 9:00a Lew:Tr Session
7 9:00a Julie:Tr Session	8 9:30a Carole:Tr Session 6:15p Lew:Tr Session	9 9:30a Irene:Tr Session	10 8:45a Irene:Tr Session 6:00p Jen:Tr Session	11 9:30a Irene:Beginner Express	12 9:30a Gail:Express	13 9:00a Carrie:Tr Session
14 9:00a Renee:Tr Session	15 9:30a Carole:Tr Session 6:15p Lew:Tr Session	16 9:30a Irene:Tr Session	17 8:45a Irene:Tr Session 6:00p Jen:Tr Session	18 9:30a Irene:Beginner Express	19 9:30a Gail:Express	20 9:00a Lew:Tr Session
21 9:00a Julie:Tr Session	22 9:30a Carole:Tr Session 6:15p Lew:Tr Session	23 9:30a Irene:Tr Session	24 8:45a Irene:Tr Session 6:00p Jen:Tr Session	25 9:30a Irene:Beginner Express	26 9:30a Gail:Express	27 9:00a Carrie:Tr Session
28 9:00a Renee:Tr Session	29 9:30a Carole:Tr Session 6:15p Lew:Tr Session	30 9:30a Irene:Tr Session	31 8:45a Irene:Tr Session 6:00p Jen:Tr Session			

Note: All express classes are between 30-40min. Great for beginners!!

## **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.