



SPIN CLASSES

SPIN – Skills emphasized include: consistent energy usage and optimum fat burning, cycling efficiency, mental focus and smooth and steady pedaling. Heart rate intensity is sustained between 65–85% of maximum heart rate.

Spin & Core – Come work out your heart and your waistline! Challenge yourself with 60 minutes of spinning, plus 15 minutes of core work.

Spin Skills and Drills – Challenge your skill with a wide range of drills to take you to the next fitness level. All levels welcome.

Spin for Endurance – Get maximum calorie burning with this intense workout. Instead of intervals, cyclists will pedal at a more consistent pace, working at the top of their aerobic training level.



Spin Classes

Aug.16-Sept. 5
2010

The following classes are running, are MULTI-LEVEL, and held in the Spin Studio unless otherwise noted. Classes currently NOT listed are on a three-week "hiatus". All spin classes will resume after Labor Day. We will have a special class schedule on Labor Day – Monday, September 6, 2010.

MONDAY	6:00-7:00a 9:15-10:15a	Spin Spin	Kevin Melissa
TUESDAY	6:00-7:00a 9:15-10:15a 5:30-6:30p	Spin for Endurance Spin Skills & Drills Spin	Carol Lora Lorie
WEDNESDAY	9:15-10:15a 5:30-6:30p	Spin Spin	Carol Cathy
THURSDAY	9:15-10:15a	Spin Skills & Drills	Melissa
FRIDAY	6:00-7:00a 9:15-10:30a	Spin Spin & Core	Michele Lora
SATURDAY	8:15-9:15a 9:30-10:30a	Spin Spin	Michele Kevin
SUNDAY	CLASSES WILL BE BACK AFTER LABOR DAY!		



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