



Hours of operation:
 Mon-Thu 5:30 am – 10 pm
 Fri 5:30 am – 8 pm
 Sat - Sun 7 am – 7 pm

SPINNING® SCHEDULE SEPTEMBER 2010 DOWNTOWN



Authorized Spinning®
 Program Facility

Please note that the class schedule is subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am Timmy	6:30am Aimee'		6:30am Catherine S.			
8:00am Sarah	New Class!! 9:00am BRICK 2! David Cross *see reverse for details*	8:00am Sarah		8:00am Sarah	9:00am Aimee'/Sarah	
				12:00pm Heather F./ Kirsten	SEPT.11 10:00am INTRO TO SPINNING	4:30pm *75 min. Heather F./Vatsa
5:30pm Rebecca	5:30pm Alice	5:30pm Rebecca	5:30pm Timmy			
6:30pm Heather F.		6:30pm Heather F.			☯ quote of the month➔	"You can't let praise or criticism get to you. It's a weakness to get up in either one." John Wooden

How to come prepared...

- Reserve your bike by calling the front desk the day of class. All levels welcome!
- Classes are approximately 45 minutes unless otherwise indicated.
- Riders must bring a water bottle and towel. Heart rate monitors are also strongly encouraged.
- First time participants should arrive 10 minutes prior to class for bike set-up and safety instructions.
- Bikes are equipped with toe cages and SPD clipless pedals. Switching out pedals is not permitted.
- Comfortable workout attire is all you need to get started, however cycling shorts and cycling shoes will make your ride even better. Ask your instructor for more details.
- Please be courteous to fellow riders: cell phones and conversations can be distracting in class.

●**IMPORTANT:** Members may use the Spinner® bikes outside of scheduled classes. However, for safety concerns, please see a Spinning® instructor to get bike set-up and safety instructions on the fixed gear and emergency brake

SPINNING®

A CHALLENGE FOR THE BODY.

A RIDE FOR THE MIND.

A CELEBRATION FOR THE SOUL.

The Spinning Program was created and developed by Johnny G., an ultra-endurance cyclist and motivational leader, in 1987. Participants ride on a specially designed fixed-gear stationary bike called the Spinner® by Star Trac.

Your Spinning journey begins with a single pedal stroke. Your training will require strength, determination, an open mind, and humility. The Spinning Program can assist you in reaching your goals through safe, smart training that is both exciting and challenging. With heart rate training and balancing the application of aerobic and anaerobic exercise, the Spinning program divides course formats into five categories called Energy Zones™: Recovery, Endurance, Strength, Interval and Race Day. Spinning instructors use these formats to develop rides for the ultimate cycling experience.

*Spinning®. Addictive. The single hottest workout on the continent. Give it your best shot. And bring an extra towel. Or three.
Let's ride...*

BRICK 2! ~ Come join Pro Ultra Runner David Cross for the best of both worlds workout – running and cycling. The popular Mt Please class is now downtown so get ready for high energy and fun! Class will start out in the Spinning studio where you will progress into your cardio zone. After a ½ hour of riding you will go into the group fitness studio for moderate running, plyometrics and sprints. All participants welcome; there's something for everyone! Bring cycling shoes *and* running shoes.

Intro to Spinning ~ This is our “how to....” class. Learn about bike set-up, the basic movements and hand positions, safety, terminology and heart rate training. Experience a 30 minute ride and welcome yourself to the world of Spinning!