



HOURS OF OPERATION:
 MON-THU 5AM-10PM
 FRI 5AM-8PM
 SAT - SUN 7AM-7PM
 627 JOHNNIE DODDS BLVD.,
 MT.PLEASANT, SC 29464

SPINNING® SCHEDULE

SEPTEMBER 2010

MT. PLEASANT

PH: (843) 972-1760 WWW.ECOFITNESSGYM.COM



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 Jim M.		6:00am Kirsten		6:00am Barbara		Thank you for helping us keep the Spinning® Program safe, effective, and fun!
8:00am Jan	8:00am Allyson	8:00am Rebecca	8:00am Allyson			
9:05 am Super Diesel Kara \$5	9:05am EcoCross Dave	9:00 am Luciana	9:05am EcoCross Dave	9:00am Luciana	8:15am Catherine S.	
4:00pm Spinning/ Stretch 75 min Allyson	12:00pm Catherine V.		12:00 pm Catherine V.		9:30am Ride/Krank/ Run Jan	10:00am 75 min Janice/ Shannon
5:30 pm Ride/ Krank/Run Shannon	5:30pm Shelly	5:30pm Ride/Krank/ Run Dave	5:30pm Heather G.		Sept. 18 INTRO TO SPINNING 10:30am	
6:30pm BRICK! David Cross	6:30pm George	6:30pm Krista	6:30pm George		☯ quote of the month →	"You can't let praise or criticism get to you. It's a weakness to get caught 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 Spinners® 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.

CLASS DESCRIPTIONS

Spinning/Stretch - A Spinning ride followed by a 30-minute cycling specific stretching session. Increase your flexibility and learn the importance and benefits of stretching. Come learn about common cycling injuries, why they occur and how to prevent them through proper flexibility training.

Ride/Krank/Run – A Spinning ride which also offers members the opportunity to use the Krankcycles for upper body work and the Woodway treadmills for running. Bring cycling shoes and running shoes. If indicated, a Yoga portion is also included.

EcoCross – Take the Ride/Krank/Run class and add on some yoga and some rowing. It's comprehensive cross training!

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!

Super Diesel with Kara – Get a full body workout using the Spinner bikes, Woodway speedboards, kettlebells and balls. Train like an athlete. Be ready to sweat. Anything goes. All levels welcome. Bring cycling and running shoes. Additional fee: \$5/class. Members may sign up for one month at a time or for an individual class.

BRICK! - Come join Pro Ultra Runner **David Cross** for the best of both worlds workout – running and cycling! Learn form and technique on our **Woodway treadmills** while also working on your speed by doing intervals and getting you in your cardio zone. All participants welcome – you have the option of doing the brick workout, or you may choose to just ride or just run. Something for everyone! Bring cycling shoes and running shoes.

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