

## Spinning Class Descriptions:

### Spin class descriptions:

**Spin Cycle:** Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. Come find the inspiration you've been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists!

**The Climb:** This ride is a training session in the hills. You will be working on your strength energy zone. Whether you are tackling one big hill or simulating rolling hills, you will find yourself lost in "the climb."

**Cyco-Therapy:** With your personal "Spinologist" Chris! Clear your head and get in the zone. This Spin class has something for everyone! A great mix of strength and endurance from heart pounding jumps to the epic climb. The Dr. is in!

**C + C Factory:** Come on in for the ride that will give you a great mix of aerobic and anaerobic training. If you like to experience the "heat" of interval training, this class is for you! After you ride...you lie...on the mat that is! Core training on the mat will follow.

**Spin with Maggie:** Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!

**Crank of Dawn:** Start your day off right with this high energy cycling class. Head out on a journey without leaving the Spin room with this simulated road ride using fast flats, steady hills, sprints and interval training. No drafting allowed in this class!

**Tour de Spin:** This class will simulate the Tour de France type of ride with tempo, sprint, rolling hills, and mountain stages designed to work your aerobic and anaerobic thresholds.

**The Path of Most Resistance:** The goal of this ride is to build leg strength, while focusing on maintaining a challenging cadence and resistance on hills. This interval class is sure to burn up those calories!

**Chain Reaction:** Whether you're a serious cyclist or just love the calorie burn of Spinning, this is the class for you! This high energy ride will take you to a new level of fitness using cadence, and heart rate drills. Come on in and reap the benefits!

**Cadence is Key:** Endurance rides don't have to be boring. In this class you will use cadence ladders and great music to improve your cardiovascular and muscular endurance and their ability to maintain a specific cadence over a period of time.

**The Zone:** Get your weekend started with a ride that will get you in "the zone!" This class will challenge your strength and endurance with interval drills to awesome music! Get a jump start to your weekend and feel energized!

**Friday Night Xpress:** Wheel into your weekend with an intense 45 minute mixed bag of strenuous spinning drills! You will be out early enough to enjoy TGIF. See you there.

**Group X Rules...it really does, but these are THE Rules:**

*Classes and times are subject to change. For safety reasons, there is no admittance 10 min. after class begins. Reservations are necessary for the Spin classes. Reservations can be made up to one week before next class. Reservations on Spin Bikes will be held for 5 min. after class begins. Please bring water and a towel into class. If you are new to a class, please make the instructor aware.*