

# Spinning® May 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30a Beginner:Irene 6:00p Endurance:Chris L.	2 9:00a Circuit&Express:Gail	3 9:00a Interval:Carrie
4 9:00a Aerobic Int:Dan	5 6:00a ExSpinFlexCore:Carrie 9:30a Strength:Carole 6:00p Endurance:Lynn	6 9:30a SpinFlexCore:Irene 6:00p Strength:Lew	7 8:30a Interval:Gail 5:30p Express:Jen 6:00p Beginner:Jen	8 9:30a Beginner:Irene 6:00p Interval:Chris L.	9 9:00a Circuit&Express:Gail	10 9:00a Strength:Carrie
11 9:00a Interval:Dan	12 6:00a ExSpinFlexCore:Carrie 9:30a Interval:Carole 6:00p Strength:Lynn	13 9:30a SpinFlexCore:Irene 6:00p Endurance:Lew	14 8:30a Training Day:Gail 5:30p Express:Jen 6:00p Beginner:Jen	15 9:30a Beginner:Irene 6:00p Aerobic Int:Chris L.	16 9:00a Circuit&Express:Gail	17 9:00a Aerobic Int:Carrie
18 9:00a Strength:Dan	19 6:00a ExSpinFlexCore:Carrie 9:30a Training:Carole 6:00p Interval:Lynn	20 9:30a SpinFlexCore:Irene 6:00p End&Strength:Lew	21 8:30a Strength:Gail 5:30p Express:Jen 6:00p Beginner:Jen	22 9:30a Beginner:Irene 6:00p Strength:Chris L.	23 9:00a Circuit&Express:Gail	24 9:00a End&Strength:Carrie
25 9:00a Instructor Choice:Dan	26 <b>MEMORIAL DAY</b> <b>8-12pm</b>	27 9:30a SpinFlexCore:Irene 6:00p Interval:Lew	28 8:30a Interval:Gail 5:30p Express:Jen 6:00p Beginner:Jen	29 9:30a Beginner:Irene 6:00p Endurance:Chris L.	31 9:00a Circuit&Express:Gail	31 9:00a Interval:Carrie

Express Spin®: 30min. Cardio Workout - All levels are welcome

Beginner Spin®: Learn bike set-up and core-movements of Spinning® ♦ Circuit & Express Spin®(30min resistance circuit + 30min Spin®)  
thesoleburyclub.com 215-794-3494 Buckingham, PA 18912

## **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.