

FEBRUARY 2012

SPIN Schedule

More details on the Monthly Ride Profiles
Class length 45 to 60 minutes; unless otherwise posted

Hour	Mon	Tues	Wed	Thur	Fri	Sat	Sun
6 am	Spin® Karen		Spin® Pam		Spin® Liz		
Early morning		7:30 am Spin® Terri		7:30 am Spin® Simone		8 am Spin® Rotate	
Mid-morning	9 am Spin® Ellie		9 am Spin® Debbie		9 am Spin® Jeanine	9:15 am Spin® Rotate	9:30 am Spin® Greta/Rotate
12:30 pm		Spin® Ellie		Spin® Joanie		10:30 AM Intro to Spin® 2/25	3:30 pm Spin® Rotate
Evening			5:00 pm Teen Spin® Erin				
	5:30 pm Spin® Liz	6 pm Spin® Desi	5:30 pm Spin® Rotate	6 pm Spin® Desi			

Save-the-Date
The Journey to Make a Difference
Saturday, March 3rd
8am-12 noon

THE JOURNEYS ... IN A NUTSHELL...

Endurance Energy Zone™

The lowdown: Endurance training is your foundation and should constitute the bulk of your workouts.

The payoff: Shorter recovery times, higher fat metabolism and a lower resting heart rate.

Resistance: Light to moderate

Cadence: 80-110 RPM

Intensity: 65%-75% of maximum heart rate

Frequency: 3-4 times per week

Strength Energy Zone™

The lowdown: Using high resistance and a slower cadence, you'll hover between aerobic and anaerobic zones.

The payoff: Tone your legs and build your mental strength.

Resistance: Moderate to heavy

Cadence: 60-80 RPM

Intensity: 75%-85% of maximum heart rate

Frequency: 1-2/wk. after building a strong aerobic base

Interval Energy Zone™

The lowdown: Alternate bursts of speed and power with recovery.

The payoff: You'll increase your aerobic and anaerobic capacity, which will lead to bolstered stamina and endurance.

Resistance: Light to heavy

Cadence: 60-110 RPM

Intensity: 65%-92% of maximum heart rate

Frequency: 1/wk. after building an aerobic base

Race Day Energy Zone™

The lowdown: Challenge your body and celebrate your strength.

The payoff: Training at or above anaerobic threshold teaches your body to perform at higher intensities.

Resistance: Moderate to heavy

Cadence: 80-110 RPM

Intensity: 80%-92% maximum heart rate

Frequency: Monthly

Recovery Energy Zone™

The lowdown: Without sufficient rest, your body can't get stronger.

The payoff: Recovery Rides promote healing and circulate oxygen to tired muscles, ligaments and tendons.

Resistance: Light

Cadence: 80-110 RPM

Intensity: 50-65% of maximum heart rate

Frequency: 1-2 times per week

Spinning®

All instructors are certified by Mad Dogg, the official Spinning® Program.
SPRFC fitness instructors are required to be CPR certified and complete continuing education.

SAFETY: STUDENT GUIDELINES

Spinning® is simple, fun and easy to learn. The following will make your experience more enjoyable.

Prior To Starting Class:

- ◇ Hydrate! Water bottle and towel are required. Inform instructor if you are new or need assistance.
- ◇ Familiarize yourself with the Spinner® bike. It is a fixed gear bike with laid back geometry - the pedals are connected to the 40 pound flywheel and move at the same speed. There is no coasting! You must gradually reduce your speed using your legs to slow the pedals or in the event of an emergency, use the BRAKE (pull or push the resistance knob) while keeping your legs clear of the moving pedals.
- ◇ Please allow instructors to assist in proper bike set-up. There are 3 adjustments:
 - Seat height** - knees should be slightly bent at the bottom of the pedal stroke in order to allow a 25-35 degree bend at the knee.
 - Fore/Aft seat position** - arms and torso should be a comfortable reach from the handlebars with the elbows slightly bent. The front of the knee aligns with the center spindle of the pedal.
 - Handlebar Height** - start with the handlebars in a higher position and adjust downward to the level of the saddle as you become more flexible and comfortable on the bike.
- ◇ Place the ball of your foot on the CENTER SPINDLE of the pedal. This will help avoid numbness in the foot and allow the most efficient pedal stroke and transfer of power. The toe straps are designed for all sizes of feet, yours may not need to be shoved all the way forward.
- ◇ Tuck all shoe laces. The fixed gear will eat them quickly causing shoe damage and/or injury.
- ◇ Pull toe straps to side and snug securely. For comfort place the buckle in line with the sole of your shoe.
- ◇ Make sure the handlebars, seat post and seat slider are securely attached and that all “pop-pins” are completely engaged.

During Class:

- ◇ Familiarize yourself with all movements at a walking pace before you attempt to increase your speed. You should always have resistance on the bike to remain in control.
- ◇ Stay in control! Focus on your form and smooth transitions between movements.
- ◇ **PLEASE HYDRATE** and use your towel to dry your body. Gym wipes are available to clean your bike.
- ◇ We advise the use of a heart monitor, however, always work at your own pace. Intensity can be elusive, focus on how you feel, the rhythm and getting comfortable on the bike.
- ◇ If you begin to feel faint or dizzy, slowly stop pedaling and carefully dismount the bike. Inform the instructor immediately of your discomfort.
- ◇ We recommend 3 classes weekly for results and to avoid over training and allow sufficient recovery.
- ◇ Due to the instructional nature of Spinning, iPod use is not permitted during class.

ADDITIONAL FRIENDLY REMINDERS & SAFETY TIPS FOR A COMFORTABLE

- * If on medication, please consult with your doctor regarding exercise.
- * RPE charts may be used for heart rate check. Heart rate monitors are recommended.
- * **SPINNERS** may sign up at the front desk beginning 30 minutes prior to class time.
- * Choose water bottles that fit into the water bottle cages.
- * Consider bike pants. Avoid abrasive shorts/pants to alleviate chafing. Sweatpants can get caught.