



All classes are subject to change due to low attendance and/or instructor availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>INTERVAL</u>	<u>INST CHOICE</u>	<u>STRENGTH</u>	<u>AERO BASE</u>	<u>ENDURANCE</u>	<u>INST CHOICE</u>
<u>6:00-7:00 am</u>		<u>6:00-7:00 am</u>		<u>6:00-7:00 am</u>	<u>8:30-9:45am</u> Alt Instructors for this class
<u>8:30 – 9:30 am</u>	<u>8:30 – 9:30 am</u>	<u>8:30 – 9:30 am</u>	<u>8:30 – 9:30 am</u>	<u>8:30 – 9:30 am</u>	
				For the Mon/Wed/Fri 8:30 am classes, you must call in the day before anytime after 12 Noon	
	<u>4:00 -5:00 pm</u>		<u>4:00 -5:00 pm</u>		<u>10:00-11:00</u> INTRO TO SPIN SHELLE
<u>5:30 – 6:30 pm</u>	<u>5:30 – 6:30 pm</u>	<u>5:30 – 6:30 pm</u> RHYTHMIC POWER	<u>5:30 – 6:30 pm</u>		

ENDURANCE/AERO BASE - 55%-80% Train your body to be more efficient at metabolizing fat and maintain a comfortable pace for extended periods. You will work your heart and your lungs at a steady pace rather than forcing them to do more than they really can. By doing this they're going to be stronger overall. A great class for beginners.

INTERVALS – 65%-92% Emphasis will be on speed, tempo, timing & rhythm. Higher RPM on flats and hills mixed with recovery stretches will help you develop the ability to recover quickly after work efforts.

STRENGTH – 75%-85% Strength rides promote muscular & cardiovascular development that will enable one to feel like a strong & powerful climber.

INSTRUCTORS CHOICE – 65%-92% The instructor may choose one of the four formats above so be prepared to be surprised and challenged no matter the terrain!

RHYTHMIC POWER – music and coaching, choreographed to music providing movement and motivation.

INTRO TO SPINNING - learn proper bike set-up and riding techniques along with a beginner ride.