

september spinning schedule

Class Codes: I=Interval E=Endurance S=Strength

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 12:00-12:45 pm (I) Jill	2 6:00-6:45 am (S) Amy 9:30-10:30 am (I) Jodi 4:30-5:15pm Tween Spin*	3	4
5	6	7 6:00-6:45 am (E) Amy	8 12:00-12:45 pm (E) Jill	9 6:00-6:45 am (I) Amy 9:30-10:30 am (E) Jodi 4:30-5:15pm Tween Spin*	10	11 8:00-9:00 am (I) Annie
12	13	14 6:00-6:45 am (S) Stephanie 9:30-10:30 am (I) Cathy Q.	15 12:00-12:45 pm (S) Jill	16 6:00-6:45 am (E) Amy 9:30-10:30 am (S) Jodi 4:30-5:15pm Tween Spin*	17	18 8:00-9:00 am (I) Jill
19	20	21 6:00-6:45 am (I) Stephanie 9:30-10:30 am (E) Jill	22 12:00-12:45 pm (I) Jill	23 6:00-6:45 am (S) Amy 9:30-10:30 am (I) Jodi 4:30-5:15pm Tween Spin*	24	25 8:00-9:00 am (I) Jill
26	27	28 6:00-6:45 am (E) Stephanie 9:30-10:30 am (S) Cathy Q.	29 12:00-12:45 pm (E) Jill	30 6:00-6:45 am (I) Amy 9:30-10:30 am (E) Jodi 4:30-5:15pm Tween Spin*		

* Denotes Specialty Class requiring advanced registration and fee.

Spinning Policies

- Bikes are available on a first come first served basis. We do not take reservations
- Sign up at the Member Services Desk and receive a ticket. One spinning ticket is allowed per participant.
- A water bottle and towel are required. A seat cover or padded shorts are highly recommended.
- Heart rate monitors are strongly encouraged and are available for purchase at the Member Services Desk.
- For more information about spinning visit spinning.com.

The Energy Zones

Welcome to the Energy Zones training program which is an integral part of the Johnny G spinning program. Every time you go to a spinning class you will experience one of these rides. To maximize your workout and training program it is highly recommended you use a heart rate monitor during class.

Endurance Ride:

Heart Rate: 65-75% of Maximum Heart Rate

Resistance: Light to moderate

Cadence: Maintain 80-110rpm's

Frequency: 60-70% of total training time (two workouts/week if you exercise three times per week and three workouts/ week if you exercise five times per week).

Benefits: Builds aerobic base which is critical for building heart and lung capacity, increases aerobic capacity which affects body's ability to store and transport fuel, improves fat metabolism, protects against cardiovascular disease, improves oxygen consumption and decreases risk of injury.

Strength Ride:

Heart rate: 75-85% of MHR

Resistance: Moderate to heavy

Cadence: 60-80rpm's

Frequency: 20-30% of total training time (one workout /week if you exercise three times per week and two/workouts per week if you exercise five times per week). At least one active/passive recovery day is required.

Benefits: Develops increased muscle endurance and muscle force, improves ability to tolerate lactic acid and increases anaerobic threshold.

Interval Ride:

Heart rate: 65-92% of MHR

Resistance: All movements; seated flats, hills and jumps. The most varied terrain.

Cadence: 60-110rpms

Frequency: 10% of total training time (max. one/two workouts per week). At least one day of active/passive recovery is required.

Benefits: Improves skill and coordination, increases muscle buffering capacity, increases anaerobic threshold and improves efficiency of fast twitch muscle fibers.