

GROUP FITNESS

SPIN CLASSES

Spin classes are high energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Participants select intensity levels through body position and bike tension.

Spin 101: This introductory class provides detailed information on bike set-up, pacing, proper cadence, tension and other key concepts to get the best out of a spin class. Spin 101 is held the first six weeks of the semester. **(30 MINUTES)**



Spin: This original all-level spin class features a 45-minute cardio ride including a warm-up and cool-down, followed by core body strengthening and stretching.



Spin Express: This all-level 45-minute class includes a warm-up, cardio component, cool-down and stretching. Spin Express is an efficient workout for busy days. **(45 MINUTES)**



HEAT: This advanced class combines spinning with plyometric interval training off the bike. This total-body workout consists of a 60-minute cardio segment, followed by core strengthening. **(75 MINUTES)**



High Gear: High Gear is a 75-minute cardio challenge to push participants the extra mile, finishing with core body strengthening. Experience with spinning is recommended. **(75 MINUTES)**



The Ride: This indoor ride emphasizes cadence control while optimizing work and recovery zones to increase cardiovascular capacity and endurance. It helps prepare participants for efficient outdoor rides.



DID YOU KNOW...

Spin classes provide a great workout combining strength, aerobic and anaerobic drills. Instructors will guide you through the class by providing options to fit your ability and skill level.