

# ORC - SPINNING SUMMER SCHEDULE 060310

## JULY 19-25, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SPIN ONLY</b> ALL LEVELS VAL 6:15AM		<b>SPIN ONLY</b> ALL LEVELS STEPH 6:15 AM		<b>ROAD RAGE</b> ALL LEVELS STEPH 6:15-7:30 AM	<b>ROAD RAGE</b> ALL LEVELS 9:10-10:10 JOELLE <small>PRE REGISTER AT THE FRONT DESK MORNING OF NOT BEFORE 8:15AM</small>	
	<b>ROAD RAGE</b> ALL LEVELS KATHY Z 9:15 - 10:30AM <small>PRE REGISTER AT THE FRONT DESK MORNING OF NOT BEFORE 8:30 AM</small>	<b>SPIN ONLY</b> ALL LEVELS PAM 9:15-10:15 <small>PRE REGISTER AT THE FRONT DESK MORNING OF NOT BEFORE 8:30 AM</small>		<b>RACE DAY</b> ALL LEVELS PAM 9:15-10:15AM <small>PRE REGISTER AT THE FRONT DESK MORNING OF NOT BEFORE 8:30 AM</small>		
<b>SPIN &amp; ABS</b> ALL LEVELS 10:20 STEPH <small>PRE REGISTER AT THE FRONT DESK MORNING OF NOT BEFORE 8:30 AM</small>						
	<b>INTERVAL RIDE</b> ALL LEVELS 6:30-7:30 PM STEPH <small>PRE REGISTER AT THE FRONT DESK MORNING OF NOT BEFORE 5:30 PM</small>		<b>ROAD RAGE</b> ALL LEVELS JOELLE 6:30-7:30 PM <small>PRE REGISTER AT THE FRONT DESK MORNING OF NOT BEFORE 5:30 PM</small>			

### ORC SPINNING CLASSES

*All classes are first come first served.*

**PLEASE KEEP EXTENDED CONVERSATION FOR BEFORE OR AFTER CLASS AND DO NOT WEAR HEAVY COLOGNE OR PERFUME.**

**Participants with no previous stationary cycling experience are welcome to attend any class. It is recommended that you attend the 30-45 minute rides first and please come early to class for appropriate instruction and orientation.**

**It is recommended that new riders do not participate in a full 75 minute class until some experience has been developed.**

**Pre-registration required for training wheels classes only.**

**\*\*TRAINING WHEELS Appropriate for intro/beginner:**

Offered 4 weeks on the Fall and Winter schedule. Short on time or just need a lighter ride? This class will provide you with the basics to indoor stationary cycling. How to set up your bike appropriately for you, an introduction to spinning drills and activities that will prepare you physically and mentally for longer rides if you choose, or provide you with the opportunity to a lighter workout day. **Pre-registration is required to insure a bike is reserved for you. No additional fee for ORC members.**

**SPIN ONLY (60 MINUTES) Appropriate for all Levels:**

Get ready to get fit. 55 minutes of cycling and 5 minutes of sport specific stretching.

**ROAD RAGE (60-75 MINUTES) Appropriate for all Levels: (please note the above recommendation.)**

In this class only the drills not the thrills are more intense.

**RACE DAY (60 MINUTES) Appropriate for all level:**

Power and endurance all the components you need to increase your fitness level or your cycle performance. Pace yourself.

**INTERVAL RIDE (60 MINUTES) Appropriate for all fitness levels:**

This class will provide you with the opportunity to challenge your limits. Intervals will strengthen your heart and boost your lactic thresholds with short bursts of high level activity with lower in zone opportunities.

**SPIN & ABS (75 MINUTES) Appropriate for all fitness levels:**

60 minutes of spinning will be concluded by a 15 minute ab blast and stretch.