




SPINNING

SCHEDULE FROM January 9-April 29, 2012

ALL CLASSES ARE HELD IN STUDIO 4

| ONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|---|---|
| RACE DAY 6:15-7:15 am VAL Pre-register at front desk morning of (not before 5:30am) | | INTERVAL RIDE 6:15-7:15 am STEPH/PAM Pre-register at front desk morning of (not before 5:30am) |  | ROAD RAGE 6:15-7:15 am PAM/STEPH Pre-register at front desk morning of (not before 5:30am) | NEW ROAD RAGE 8-9 AM PETER Pre-register at front desk morning of (not before 8:10am) | RACE DAY 8:30-9:30 am STEPH/KIRSTEN Pre-register at front desk morning of (not before 7:30am) |
| ROAD RAGE 8-9 AM PETER Pre-register at front desk morning of (not before 7:00am) | | | | | RACE DAY 9:10-10:10 AM JOELLE/LIZ Pre-register at front desk morning of (not before 9:20am) | |
| | ROAD RAGE 9:15-10:30 am LIZ Pre-register at front desk morning of (not before 8:15am) | INTERVAL RIDE 9:15-10:15am JOELLE Pre-register at front desk morning of (not before 8:15am) | NEW POWER & ENDURANCE 9:15-10:15 am PETER Pre-register at front desk morning of (not before 8:15am) | RACE DAY 9:15-10:15 am VAL Pre-register at front desk morning of (not before 8:15am) | | |
| SPIN & AB RIPPER 10:20 -11:35 am HEIDI Pre-register at front desk morning of (not before 8:30am) | | EASY RIDER 10:30-11:30 RICHARD Pre-register at front desk morning of (not before 8:30am) | |  | | |
| | INTERVAL RIDE 6:30-7:30pm STEPH Pre-register at front desk evening of (not before 5:30pm) |  | ROAD RAGE 6:30-7:30pm TERI Pre-register at front desk evening of (not before 5:30pm) | | | |

POWER/ENDURANCE RIDE:

(60 MINUTES) APPROPRIATE FOR ALL LEVELS. Build your Indoor spinning and outdoor cycling power, speed and endurance 60 minutes at a time. This new spinning class is designed to build cycling power, improve cardio vascular endurance, burn stored fat, build leaner muscles and increase speed. You will ride at 80% personal effort , 80% maximal speed capacity. Its all about you against yourself. Take yourself to the next level of cycle fitness.

ROAD RAGE

(60-75 MINUTES) APPROPRIATE FOR ALL LEVELS
 In this class only the drills not the thrills are more intense. (please note the recommendations below)

RACE DAY

(60 MINUTES) APPROPRIATE FOR ALL LEVELS
 Power and endurance-all the components you need to increase your fitness level or cycle performance. Pace yourself.

INTERVAL RIDE

(60 MINUTES) APPROPRIATE FOR ALL LEVELS
 Maximize your caloric burn with this intense interval cardio class, challenging your aerobic threshold between sets of recovery.

EASY RIDER

APPROPRIATE FOR ORIENTATION/INT
 The ride is sure to give you the same great cardiovascular workout that spinning is noted for how-



It's a lifestyle!

ORC SPINNING CLASSES All classes are first come first served. PLEASE KEEP EXTENDED CONVERSATION FOR BEFORE OR AFTER CLASS AND DO NOT WEAR ANY HEAVY COLOGNE OR PERFUME. Participants with no previous stationary cycling experience are welcome to attend any class; however it is recommended that you attend the 30 minute training wheels orientation first. Please come early to class for appropriate instruction and orientation. It is recommended that new riders do not participate in a full 60 or 75 minute class until some experience has been developed. Pre-registration required for training wheels classes only.

FOR MORE INFORMATION CALL 905.822.5240 OR VISIT US ONLINE AT ONTARIORACQUETCLUB.COM