the YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPINNING SCHEDULE

JULY 2017

Monday	Tuesday CLOSED 7/4	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am **BETHANY**	**5:45 am** **TONY**	**5:45 am** Bethany-7/5, 12 & 19 Lisa K.-7/26		**5:45 am** **ALICIA**		
8:15 am **RON** 7/3-Bethany				**8:30 am** **BETHANY** **CANCELED-7/14** Ron-7/21 Lisa K.-7/28	**8:00 am** **ALICIA**	**9:00 am** 7/2-CANCELED Bethany-7/9 Tony-7/16 Lisa-7/23 & 30
9:30 am **LAURIE**	**9:30 am** Laurie-7/11 & 25 Jen-7/18	**9:15 am** **ROBIN**	**9:30 am** **LAURIE**		**9:15 am** 7/1 & **7/8-** **CANCELED** Jen-7/15 & 29 Sandy-7/22	
5:30 pm **MARCIE** Jen R. 7/17	**6:00 pm** **BETHANY** Tony-7/18 Lisa K.7/2	**5:30 pm** **MARCIE**	**6:00 pm** **BETHANY-**7/6 & 7/20 **TONY-**7/13 & 27			

YOU MUST SIGN UP AT THE FRONT DESK FOR THE NEXT SCHEDULED CLASS. YOU MAY ONLY SIGN YOURSELF IN.

Randolph YMCA
14 Dover Chester Road, Randolph NJ 07869
P 973 366 1120 randolphymca.org

7/3/2017

If it's your first time, let your instructor know. They will make sure your bike is properly adjusted and give you a rundown on the SPINNING class five core movements and program fundamentals-like heart rate training that will help you burn more calories, increase your strength and improve your overall fitness.

Frequently Asked SPINNING Questions

1. I've never taken a SPINNING class before. What should I expect?

Every class is a little different, but one of the great things about SPINNING is that it is adaptable to your fitness level. Remember that there's no competition. Listen to your body and adjust the resistance on your bike accordingly.

2. How many calories will I burn in a SPINNING class and what is the approximate equivalent distance in road miles traveled?

The number of calories you'll burn depends on a number of factors, including your weight and the intensity at which you exercise. Research indicates that on average, participants burn about 400-500 calories in a 40-minute workout. The "distance" traveled depends on cadence; however as an estimate, an average 40-minute class at a cadence of 80-110 RPM is equivalent to approximately 15-20 miles on the road.

3. Do I have to be in great shape to participate in a SPINNING class?

Anyone can benefit from SPINNING and because you can go at your own pace by controlling the resistance on your bike, taking SPINNING classes is a great way to get fit.

4. How is taking a SPINNING class different that just riding a stationary bike?

SPINNING class makes riding a stationary bike more fun by adding variety and visualization into your workout. A motivating group setting, energizing music and inspiring instructors make SPINNING class an incredible experience.

5. What is Intro to Spin?

Thinking about trying a Spinning class? Join in this 30-minute introductory class. You will be fitted on your bike, receive basic information and then sample a 15-minute class format. All levels welcome. Days & times vary each month.

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