

MEMORIAL ATHLETIC CLUB

Spinning(R) Schedule

February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Movie Spins			1	2	3	4
Feb. 16 5:15am Hollywood Hills			5:15AM AJ- S 6:00AM BS - I 9:00-10:00 FV-S	5:15AM JB- I 9:00AM AJ-Spin Core	5:15AM AJ- S 6:00AM AJ- I 9:15-10:30 BD - A+C	
Feb. 22 6:30pm North Carolina			11:30am-1:00pm BD- NRG			10:00AM -11::00AM JB- S
Feb. 28 6:30pm Fire State Park			6:30PM VW - C100	6:00PM CW- I	4:15PM CL - I	
PROFILES-	6	7	8	9	10	11
A-AEROBIC TERRAIN A+C- AERO+CORE I- INTERVALS NRG- STRNGTH+INT SLATIN-LATIN TUNES SPINlates-COMBOP S- STRENGTH S70- 70MIN RD-RACE DAY	5:15AM BS- S 6:00AM BT - RD 9:00-10:30 CC S70 CoreFlex 6:45PM AJ - S	6:00AM JB- S 8:30AM SD-SPINLATES 6:30PM AJ - C100	5:15AM BT - S 6:00AM BT- S 9:00-10:00 FV-I 11:30am-1:00pm BD - NRG 6:30PM VW - I	5:15AM JB- C100 9:00AM AJ-Spin Core 6:00PM CW- RD	5:15AM BS- I 6:00AM BS- S 9:15-10:30 BD - A+C 4:15PM CL - I	10:00AM -11::00AM BD- I
	13	14	15	16	17	18
5:15AM BS- I 6:00AM BT - S 9:00-10:30 CC S70 CoreFlex 6:45PM AJ - I	5:15AM BS- I 6:00AM BT - S 9:00-10:30 CC S70 CoreFlex 6:45PM AJ - I	6:00AM JB- C100 8:30AM SD-SPINLATES 6:30PM AJ - S	5:15AM AJ - I 6:00AM BS- C100 9:00-10:00 FV-S 11:30am-1:00pm BD- NRG 6:30PM BS - C100	5:15AM JB- S HOLLYWOOD HILLS 9:00AM AJ-Spin Core 6:00PM CW- S	5:15AM AJ- S 6:00AM AJ- C100 9:15-10:30 BD - A+C 4:15PM CL - RD	10:00AM -11::00AM JB- I
	20	21	22	23	24	25
5:15AM BS- S 6:00AM BT - C100 9:00-10:30 CC S70 CoreFlex 6:45PM AJ - S	5:15AM BS- S 6:00AM BT - C100 9:00-10:30 CC S70 CoreFlex 6:45PM AJ - S	6:00AM JB- S 8:30AM SD-SPINLATES 6:30PM AJ - I	5:15AM BT- I 6:00AM BS - C100 9:00-10:00 FV-I 11:30am-1:00pm BD- NRG 6:30PM VW - S NORTH CAROLINA	5:15AM JB- I 9:00AM AJ-Spin Core 6:00PM CW- S	5:15AM BS- S 6:00AM BS- C100 9:15-10:30 BD - A+C 4:15PM CL - S	10:00AM -11::00AM BS- I
	27	28	29			
5:15AM BS- S 6:00AM BT - C100 9:00-10:30 CC S70 CoreFlex 6:45PM AJ - RD	5:15AM BS- S 6:00AM BT - C100 9:00-10:30 CC S70 CoreFlex 6:45PM AJ - RD	6:00AM JB- RD 8:30AM SD-SPINLATES 6:30PM AJ - S FIRE STATE PARK	5:15AM AJ- S 6:00AM BS - S 9:00-10:00 FV-RD 11:30am-1:00pm BD- NRG 6:30PM VW - S			
Reservation may be required Call (281) 497-7570	CL - Carolina Carstens VW-VICKI WILLIAMS BT-BILL THOMAS	BD-BETSY DODSON BS-BECKY STEVENS AJ-ALICE JONES	JB-JEFF BIEHL JO-JIM OSBON FV-FELIPE VERACOECHEA	CC-CHARLOTTE CRAWFORD SD-SUE DONAHOE CW-CHRIS WENZ	CB-Carla Bazemore	More info cotact Jeff Biehl fitness@fitmac.com or (281) 497-7570

Spinning® - Profile Descriptions

S- Strength This profile simulates riding on hills and sometimes mountains by riding with resistance. You will experience these climbs from a seated, standing, and jumping position with resistance. Intensity areas will be both could be in the aerobic and anaerobic zones.

Cadence: 60-80 RPM Heart Rate Zones: 65%-85% of Maximum Heart Rate

I – Intervals This profile will require alternate burst of speed and effort with recovery. You'll increase your aerobic and anaerobic capacity, which will lead to increased stamina and endurance. Be ready to ride various terrains, but with lots of intensity.

Cadence: 80-110 RPM Heart Rate Zones: 65%-92% of Maximum Heart Rate

RD – Race Day This is the ride you have preparing yourself for. This is your fitness test or the all out effort race. During this profile expect all terrains, while trying to give your best effort. It will be challenge, so we challenge you to take this challenge.

Cadence: 60-110 RPM Heart Rate Zones: 75%-92% of Maximum Heart Rate

NRG – Energy This is a ride packed with all types of terrain's, however riding non-stop and full of energy. NRG will provide both the aerobic and anaerobic zones. During this ride you will enjoy and experience fun uplifting energetic music.

Cadence: 60-110 RPM Heart Rate Zones: 65%-92% of Maximum Heart Rate

C100 – Cadence 100 This ride will keep your tempo, speed, cadence at a consistent 100 revolutions per minute, while experiencing mainly flat roads and an occasional wind, small hills, or bumps. This is an excellent class to focus on pedal stroke, cycling posture and technique.

Cadence: 100 RPM Heart Rate Zones: 65%-75% of Maximum Heart Rate

Combination Classes

S70 Coreflex Spin for 70 minutes followed by core and yoga type exercises at the end for 20 minutes. This ride will challenge your endurance, since you'll be riding for 70 minutes, plus the hills, jumps, bumps, sprints, and anything else you might experience along the way.

Cadence: 60-110 RPM Heart Rate Zones: 65%-92% of Maximum Heart Rate

Spinlates – A 45 minute NRG spinning class combined with 45 minutes of Pilates exercises specifically selected to help compliment your spinning program.

Cadence: 60-110 RPM Heart Rate Zones: 65%-85% of Maximum Heart Rate

SpinCore – A 45 minute Spinning Class combined with 15 minutes of core strengthening exercises to compliment your total fitness. Be ready for any type of terrain, while feeling a burn in your entire core with the core strengthening exercises.

Cadence: 60-110 RPM Heart Rate Zones: 65%-85% of Maximum Heart Rate

A+C – A 70 minute Spinning class, involving hills, intervals, and endurance, combined 15 minutes of core strengthening exercises.

Cadence: 60-100 RPM Heart Rate Zones: 65%-92% of Maximum Heart Rate