

FREQUENTLY ASKED QUESTIONS

I'VE NEVER TAKEN A SPIN CLASS—WHAT SHOULD I EXPECT? If you're a first-timer, ask your instructor to help you set up your bike prior to class. The room will be very dark with black lights used for illumination. Most instructors use a microphone and the music will be loud and heart-pumping!



Bring a water bottle and towel. Do not wear perfume or cologne (odors intensify as the room heats up) and respect other riders by limiting your conversation once class has started.

DO I HAVE TO BE IN GREAT SHAPE TO PARTICIPATE IN A SPIN CLASS?

Anyone can benefit from the Spinning program.

You go at your own pace by controlling the resistance. Spinning is not competitive and the darkness of the room reduces any intimidation.

HOW MANY CALORIES WILL I BURN AND HOW MANY MILES WILL I TRAVEL DURING A CLASS?

The number of calories burned depends on your weight and intensity of effort during the class. On average, participants burn between 500-700 calories and travel approximately 20-25 miles on the road.

WHAT SHOULD I EAT IF I WANT TO BURN FAT? You need to provide your muscles with fuel without going overboard. Two hours before class,

begin drinking water. Thirty minutes before class eat a small snack (80 calories) containing some carbohydrate. During class, drink lots of water (not an energy drink!) to maintain your body's performance. After class, have a small protein meal such as a protein shake, chicken or tuna.

WILL SPINNING CLASS MAKE MY LEGS BULK UP?

Absolutely not! Some of the leanest legs on the planet belong to cyclists! Whether climbing hills or crushing the flats, Spinning is an excellent way to build strength and burn fat, which means you not only get shapelier glutes and legs, but also stoke your metabolism.

HOW CAN I GET MORE COMFORTABLE SITTING ON THE SADDLE?

If you're new to Spinning it may take a few classes to get your body used to sitting on the saddle. You may want to slide toward the back of the saddle, keeping pressure off the tip of the saddle. Padded bike shorts and/or a gel seat cover is recommended to make your ride more comfortable. Gel seat covers are available in the cycling studio or you may bring your own.

WHAT KIND OF SHOES SHOULD I WEAR?

Shoes made with a very stiff sole enable powerful pedal strokes. Cycling shoes, mountain bike shoes, or any stiff sole athletic shoe will provide stability and promote efficiency on the bike. Pedals with SPD cleats are also available on bikes marked with a red stripe.

WHAT IS THE PROPER BIKE SETUP?

Adjust the seat so your knees are slightly bent at the down stroke. Adjust the distance of the seat so your arms are a comfortable length and elbows relaxed. If you're a beginner, adjust the handlebars higher than the saddle. As you advance, the handlebars will be even with the saddle.

HYDRATE WITH WATER!

BASIC SPINNING POSITIONS



SEATED FLAT

Light to moderate Resistance

SEATED CLIMB

Moderate to heavy resistance



STANDING FLAT with hands at 2nd position



STANDING CLIMB with hands at 3rd position



JUMPS performed by transitioning in and out of the saddle to various cadences.