



CYCLING

- Wednesday & Friday @ 6:00am
- with Angie Bentz
- \$5 per Class

See the Fitness Calendar for the times and days.

[Training Tips](#)

Spinning/Cycling is an aerobic exercise on a specially designed stationary bicycle. A certified spinning instructor leads the class through a simulated cycling workout. Spinning burns about 450 calories in one 40 minute session. Classes finish with 5 minutes of stretching. Riders control the pace of their ride by fluctuating the speed and the tension of their bike. No helmets are needed! Class times vary, please call the center for the class times.



ENERGY ZONE™ HEART RATE CHART

AGE	RECOVERY 50–65%	ENDURANCE 65–75%	STRENGTH 75–85%	INTERVAL 65–92%	RACE DAY 80–92%
20-23	100-128	130-148	150-167	130-181	160-181
24-27	98-125	127-145	147-164	127-178	157-178
28-31	96-123	125-142	144-161	125-174	154-174
32-35	94-120	122-139	141-157	122-170	150-170
36-39	92-118	120-136	138-154	120-167	147-167
40-43	90-115	117-133	135-150	117-163	144-163
44-47	88-112	114-130	132-147	114-159	141-159
48-51	86-110	112-127	129-144	112-155	138-155
52-55	84-107	109-124	126-140	109-152	134-152
56-59	82-105	107-121	123-137	107-148	131-148
60-63	80-102	104-118	120-133	104-144	128-144
64-67	78-99	101-115	117-130	101-141	125-141
68-70	76-98	99-113	114-128	99-138	122-138

For more information about the benefits of spinning, please visit www.spinning.com.