



Welcome To Spinning!!

Congratulations: Thank you for deciding to join us for your first Spinning class. New students usually find the first class can be hard but then are surprised how quickly they see improvement over the next few sessions. We hope you'll come back and give yourself the chance to see remarkable improvement in your fitness.

Benefits: In addition to being fun, aerobic exercise like Spinning has numerous benefits. Important for all of us, it burns hundreds of calories including increased fat burning. Cardio exercise also strengthens your immune system and lowers your risk of heart disease. It increases your resistance to fatigue and improves your body's ability to use oxygen. It decreases tension, aids in sleeping and has psychological benefits. It is also fun to work out with other people who share a commitment to their improved health. (Source www.Spinning.com)

Spinning is Not Competitive: One of the best things about Spinning is that you control the amount of resistance that you apply to your bike and you decide if you want to opt out of any particular drill. This is completely okay. Experienced Spinning students respect the efforts of new students. You won't find anything but encouragement here!

Build an Endurance Base: Your first job as a new Spinning student is to build an aerobic fitness base. To achieve this most of your work should be done at a more moderate level for the first 6 weeks of two or three a week classes. During this, you will want to spend most of your work with a heart rate of 65-75% of maximum. Instructors can help you determine that rate but generally you should be breathing hard and rhythmically but not panting or out of control.

Equipment: All you need to start Spinning are tennis shoes and a water bottle. You may see some students with clip-in, hard-soled cycling shoes; biking shorts and a heart rate monitor. There are benefits to this equipment but you can decide when and if to add it.

Nicki Civitarese, Group Fitness Director, ncivitarese@aspenathletic.com

