

**Severna Park Spin**  
**LET'S RIDE!**

**MAY SCHEDULE**  
**2017**



<b>SUNDAY</b>	6:00 am Spin 50 <sup>1</sup> <i>Liz</i> 9:00 am Spin 50 <i>Deb</i> 5:30 pm Spin 50 <i>Sandra</i>	7:30 am Spin 50 <sup>2</sup> <i>Terri</i> <b>6:30 pm Spin 50</b> <i>Mindi</i>	6:00 am Spin 50 <sup>3</sup> <i>Pam</i> 9:00 am <b>Spin &amp; Yoga</b> <i>Deb</i> 5:30 pm Spin 50 <i>Karen</i>	<sup>4</sup> 7:30am <b>Spin &amp; Abs</b> <i>Joanie</i>	<sup>5</sup> 9:00 am <b>Spin &amp; Abs</b> <i>Joanie</i>	<b>SATURDAY</b> <sup>6</sup> 8:00 am <b>Spin 60</b> <i>Liz</i>
<sup>7</sup> 9:00 am <b>Spin 60</b> <i>Mindi</i>	<sup>8</sup> 6:00 am Spin 50 <i>Liz</i> 9:00 am Spin 50 <i>Mindi</i> 5:30 pm Spin 50 <i>Karen</i>	<sup>9</sup> 7:30 am Spin 50 <i>Terri</i> <b>6:30 pm Spin 50</b> <i>Mindi</i>	<sup>10</sup> 6:00 am Spin 50 <i>Karen</i> 9:00 am <b>Spin &amp; Yoga</b> <i>Deb</i> 5:30 pm Spin 50 <i>Sandra</i>	<sup>11</sup> 7:30am <b>Spin &amp; Abs</b> <i>Joanie</i>	<sup>12</sup> 9:00 am <b>Spin &amp; Abs</b> <i>Joanie</i>	<sup>13</sup> 8:00 am <b>Spin 60</b> <i>Karen</i> 9:30 am <b>Intro to Spin</b> <i>Karen</i>
<sup>14</sup> 9:00 am <b>Spin 60</b> <i>Terri</i>	<sup>15</sup> 6:00 am Spin 50 <i>Liz</i> 9:00 am Spin 50 <i>Deb</i> 5:30 pm Spin 50 <i>Karen</i>	<sup>16</sup> 7:30 am <b>Personal Spin Threshold (PST)</b> <i>Terri</i> <b>6:30 pm Spin 50</b> <i>Mindi</i>	<sup>17</sup> 6:00 am Spin 50 <i>Karen</i> 9:00 am <b>Mountain Bike Ride</b> <i>Deb</i> 5:30 pm Spin 50 <i>Karen</i>	<sup>18</sup> 7:30am <b>Spin &amp; Abs</b> <i>Joanie</i>	<sup>19</sup> 9:00 am <b>Spin &amp; Abs</b> <i>Joanie</i>	<sup>20</sup> 8:00 am <b>Spin 60</b> <i>Karen</i>
<sup>21</sup> 9:00 am <b>Spin 60</b> <i>Mindi</i>	<sup>22</sup> 6:00 am Spin 50 <i>Liz</i> 9:00 am Spin 50 <i>Deb</i> 5:30 pm Spin 50 <i>Karen</i>	<sup>23</sup> 7:30 am Spin 50 <i>Terri</i> <b>6:30 pm Spin 50</b> <i>Mindi</i>	<sup>24</sup> 6:00 am Spin 50 <i>Karen</i> 9:00 am <b>Spin &amp; Yoga</b> <i>Deb</i> 5:30 pm Spin 50 <i>Sandra</i>	<sup>25</sup> 7:30am <b>Spin &amp; Abs</b> <i>Joanie</i>	<sup>26</sup> 9:00 am <b>Spin &amp; Abs</b> <i>Joanie</i>	<sup>27</sup> 8:00 am <b>Spin 60</b> <i>Terri</i>
<sup>28</sup> 9:00 am <b>Spin 60</b> <i>Terri</i>	<sup>29</sup> <b>MEMORIAL DAY</b> <b>No 6:00am or 5:30pm Spin</b> 9:00 am Spin 50 <i>Mindi</i>	<sup>30</sup> 7:30 am Spin 50 <i>Terri</i> <b>6:30 pm Spin 50</b> <i>Mindi</i>	<sup>31</sup> 6:00 am Spin 50 <i>Pam</i> 9:00 am <b>Spin &amp; Yoga</b> <i>Deb</i> 5:30 pm Spin 50 <i>Joanie</i>	<p><b>SPRFC is proud to be an authentic, licensed Spinning® Facility; Our instructors are Spinning®, SpinPower® and CPR Certified</b></p> <p><b>Follow us on Facebook</b></p> <p><b>www.sprfc.com</b></p>		

# SEVERNA PARK SPIN®



## Spin 50

It's on! 50-minute classes where our Spinning® and SpinPower® certified team fuses the science of cycling with your passion to excel. Ride a variety of challenging experiences: high-intensity climbs, fast flats, rolling hills and surging bursts of acceleration delivered on our state of the art Spinner Blade Ion® Power bikes. No gimmicks. No hype. Just the science of cycling infused with the thrill of the ride. **Lights out, music on, gear up - it's time to experience Spinning®, the original indoor cycling program. Let's Ride!**

## Spin 60

Take 10! And add it to our Spin 50 format because some rides just have to have that extra bit of awesomeness.

## Spin & Yoga

Spin 50 followed by 20 minutes of light yoga/stretching. This combo experience gives your body exactly what it needs: the challenge of Spin, stretches and poses. A perfect blend of yin and yang.

## Spin & Abs

Top off your Spin 50 experience with a challenge to your core!

## Theme Rides

Rock, pop, 70's, 80's, 90's grunge, hip hop – our instructors unleash their creativity and passion for music with a twist on our 50, 60 or 75 minute rides.

## Spin 75

You can do this! Our Spin 50 format altered to challenge your mental, physical and motivational tenacity. Extra “miles” means extra calories burned, goals reached and new abilities discovered. Bonus: bragging rights the rest of the day.

## Intro To Spin

The lights go out, the music thumps, the energy fuels amazing rides – we admit, it can look intimidating - but we all started with one turn of the flywheel! Come learn the basics of Spin® in a relaxed, fun environment. You'll get hooked!

## Personal Spinning® Threshold (PST)

What's your PST®? Our SpinPower® certified instructors will lead you through timed intensity increases that reveal your maximum power output (watts) at threshold. Simply said, your best sustainable effort. Record it, use it, and track it to gauge your personal fitness progress!

## Journey Rides

Bring your imagination, tenacity and curiosity to an inspired 75 minute, multi-instructor led ride. These rides are like nothing else you've experienced on an indoor cycle!