

# Severna Park Spin®

## LET'S RIDE!

# OCTOBER SCHEDULE

## 2017



<b>SUNDAY</b> 1 9:00 am <b>Spin 50 Lite</b> Terri	6:00 am <b>Spin 45, Stretch &amp; Mobility</b> Liz 9:00 am Spin 50 Deb 5:30 pm Spin 50 Sandra	7:30 am <b>Spin 50/Abs</b> Joanie <b>OPEN HOUSE</b> 5:30 Intro to Spin 6:30 <b>Spin 45</b> Karen	6:00 am Spin 50 Pam 9:00 am <b>Spin 50 &amp; Yoga</b> Deb 5:30 pm Spin 50 Karen	7:30am Spin 50 Terri	6:00 am <b>Spin 30/20 Strength</b> Mindi 9:00 am <b>Spin 50/Abs 5</b> Joanie	<b>SATURDAY</b> 7 8:00 am <b>Spin 60</b> Mindi
8 9:00 am <b>Spin 50 Lite</b> Terri	6:00 am <b>Spin 45, Stretch &amp; Mobility</b> Liz 9:00 am Spin 50 Deb 5:30 pm Spin 50 Karen	7:30 am <b>Spin 50/Abs 5</b> Joanie	6:00 am Spin 50 Karen 9:00 am <b>Spin 50 &amp; Yoga</b> Deb 5:30 pm Spin 50 Joanie	7:30am Spin 50 Terri	6:00 am <b>Spin 30/20 Strength</b> Mindi 9:00 am <b>Spin 50/Abs 5</b> Joanie	8:00 am <b>Spin 60</b> Liz
15 9:00 am <b>Spin 50 Lite</b> Mindi	6:00 am <b>Spin 45, Stretch &amp; Mobility</b> Liz 9:00 am Spin 50 Deb 5:30 pm Spin 50 Sandra	7:30 am <b>Spin 50/Abs 5</b> Joanie	6:00 am Spin 50 Pam 9:00 am <b>Spin 50 &amp; Yoga</b> Deb 5:30 pm Spin 50 Mindi	7:30am Spin 50 Terri	6:00 am <b>Spin 30/20 Strength</b> Mindi 9:00 am Spin 50 Terri	8:00 am <b>Spin 60</b> Karen 9:30 am <b>Spin 101</b> Karen
22 9:00 am <b>Spin 50 Lite</b> Terri	6:00 am <b>Spin 45, Stretch &amp; Mobility</b> Liz 9:00 am Spin 50 Deb 5:30 pm Spin 50 Sandra	7:30 am <b>Spin 50/Abs 5</b> Joanie	6:00 am Spin 50 Karen 9:00 am <b>Spin 50 &amp; Yoga</b> Deb 5:30 pm Spin 50 Mindi	7:30am Spin 50 Terri	6:00 am <b>Spin 30/20 Strength</b> Mindi 9:00 am Spin 50 Terri	8:00 am <b>Spin 60</b> Terri
29 9:00 am <b>Spin 50 Lite</b> Mindi	6:00 am <b>Spin 45, Stretch &amp; Mobility</b> Liz 9:00 am Spin 50 Deb 5:30 pm Spin 50 Karen	7:30 am <b>Spin 50/Abs 5</b> Joanie <b>HALLOWEEN</b>		<b>SPRFC is proud to be an authentic, licensed Spinning® Facility; All instructors are Spinning®, SpinPower® and CPR Certified</b> <b>Follow us on Facebook</b> <b>www.sprfc.com</b>		

# SEVERNA PARK SPIN®



## Spin 50

It's on! A 50-minute challenge where our Spinning® and SpinPower® certified team fuse 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 50 & 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 50/Abs 5

Top off your Spin 50 experience with a quick five-minute core challenge. Not as easy as it sounds!

## Spin 45, Stretch & Mobility

45 minutes of Spin followed by 30 minutes of mobility and stretching to counter balance the linear movement of cycling.

## Spin 60

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

## 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 Lite

Our signature ride delivered with dialed-down intensity because sometimes your body and mind need a different kind of challenge.

## Spin 101

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!

## 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.

## 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!