

Aria Spa & Club Spinning Energy Zones

Endurance (END): This is a flat road ride of relatively easy intensity but demands a concerted mental effort. Select a heart rate (HR) between 65 - 75% of your maximum HR (MHR) and stay within 5 beats of that target HR for the duration of the class. This workout contributes more to building your aerobic base than any other class and helps build consistency, commitment and mental focus. Endurance is like the Zen of cycling! Endurance classes can be done as often as desired.

Strength (STR): Continuous heavy resistance simulates a long climb, building the muscular endurance of the legs. Strength classes are strenuous, with a HR range of 75 - 85%. Limit your workouts to no more than two strength classes per week.

Interval (INT): Intervals are work efforts alternated with recovery periods. They may be aerobic intervals of 1-5 minutes ranging from 65 – 80%, or anaerobic intervals of 1-3 minutes, or even higher intensity sprints or surges of 15-60 seconds. Anaerobic intervals are intense, raising the HR as high as 92% for the work interval and returning to 65% for the recovery segment. Interval classes require a substantial fitness base and should be followed by a day of rest or easy riding at 50-65% MHR. Limit to one interval class per week.

Race Day: *RACE DAY* is a high energy, high intensity and fun filled class that simulates a real time trial race. After a considerable warm up, including mental focus exercises to prepare for the event, the “race” lasts 20-30 minutes, during which the heart rate hovers at or just below the anaerobic threshold (85-92%) for the entire time. Because of the intensity of this workout, it is essential that you be physically prepared for this class. If you are not, you may still attend class, but please wear a heart rate monitor, keep your heart rate below 80-85%, and do not push as hard as the rest of the class.

Spin Training (SP TRN): The instructor has the freedom to design any special workout, whether it be a criterium race, pyramid workouts, a Sunday jaunt, rolling hills, team work, or individual challenges given to each student. This class adds variety and excitement to your Spin workouts. Heart Rates may range from 65-92% depending on where your cycling coach takes you!

Triathlon Spin (TRI SPIN): A high energy 60 minute Spinning class focusing on steady tempo riding with a few short climbs and sprints. Come meet the Vail Triathlon Club! Heart rates range 70-90%. Plan on running, snowshoeing or weight lifting after class. Check vailtriclub.org for weekly schedule.

Spin & Stretch: 30 minutes of low to moderate intensity Spinning followed by 30 minutes of yoga inspired stretching. A great after-ski wind-down workout for the body and mind. The healthy alternative to Apres-Ski! This class will be discontinued after the ski season closes.

Recovery: Recovery classes aren't scheduled, but we strongly recommend you do a recovery ride the day following any class that takes your heart rate into the anaerobic range for extended periods, if you are training 4 days or more, and/or if you are skiing aggressively. Active recovery regenerates tired muscles, replaces energy sources, and relaxes the body and mind. A good analogy is to think of a sponge; a hard workout wrings out the sponge, a recovery ride is like dipping the sponge back into water! Heart rates in a recovery ride are only 50-65% of Max HR for 25-40 minutes. The body will feel rejuvenated, not drained.

Remember, *anyone* can do *any* Spinning class at any time. Please don't feel intimidated. The instructor is there to motivate you, but you can always choose to work at a lower intensity. The key is to work at your own pace and pay attention to your body. For best results, wear bike shorts, a heart rate monitor and drink an entire large bottle of water in each class. Beginners should arrive to class early to learn how to get set up properly on the bike and to get accustomed to the feel of the bike.

Most important.... Have fun!

We'll see you in Spinning Class!