

Class Descriptions

All Terrain (AT): Terrain, drills and heart rate zones will vary. An overall great cardiovascular ride.

Endurance Energy

Zone: Maintain consistency, increase cardio conditioning, resist fatigue, improve mental discipline.
Heart rate: 65-75% of maximum heart rate.

Interval Energy

Zone: Work on speed, tempo, timing while performing high intensity drills for complete training.
Heart rate: 65-92% of maximum heart rate.

Recovery Energy

Zone: Focus on energy rejuvenation, stress release, breathing and balance.
Heart rate: 55-65% of maximum heart rate.

Strength Energy

Zone: Provide leg/glute toning, improve climbing power and increase cardio conditioning.
Heart rate: 75-85% of maximum heart rate

Spinning

Accelerator: Thirty minutes of Spinning (Interval Energy Zone) followed by thirty minutes of strength training exercises. If you utilize Spinning cleats, please bring a pair of athletic shoes.

***To determine your heart rate zones:**

$$220 - \text{Age} = \text{Maximum Heart Rate (MHR)}$$

$$\text{MHR} - \text{Resting Heart Rate (RHR)} \times \text{Lower Intensity Level} + \text{RHR} = \text{Lower Target Heart Rate}$$

$$\text{MHR} - \text{Resting Heart Rate (RHR)} \times \text{Higher Intensity Level} + \text{RHR} = \text{Higher Target Heart Rate}$$

