October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Class Descriptions are on the back of the Spinning	*E-Endurance* *ExS-Express Spin* *I-Interval* *S-Strength*			*1*	*2* *9:00AM-Sue H-VT*	*3* *9:30AM-Andrea-VT*
4	*5* *9:00AM—Sue S-VT* *5:45-6:30PM-Andrea-ExS*	*6* *5:45PM-Andrea-I*	*7* *9:00AM-Sue S-S*	*8*	*9* *9:00AM-Sue H-VT*	*10* *9:30AM-Andrea-VT*
11	*12* *9:00AM—Sue S-VT* *5:45-6:30PM-Andrea-ExS*	*13* *5:45PM-Andrea-I*	*14* *9:00AM–Sue S-S*	*15*	*16* *9:00AM-Sue H-VT*	*17* *9:30AM-Andrea-VT*
18	*19* *9:00AM-Sue S-VT* *5:45-6:30PM-*	*20* *5:45PM-Andrea-I*	*21* *9:00AM–Sue S-S*	*22*	*23* *9:00AM-Sue H-VT*	*24* *9:30AM-Andrea-VT*
25	*26* *9:00AM-Sue S-VT* *5:45-6:30PM-Andrea-ExS*	*27* *5:45PM-Andrea-I*	*28* *9:00AM-Sue S-S*	*20*	*30* *9:00AM-Sue H-VT*	*31* *9:30AM-Andrea-VT*

Sign up on the Summit app 24 hours in advance!

SPINNING ® Class Descriptions

There's a variety of different energy zones involved in the Spinning program. These energy zones were designed to categorize training sessions by intensity and mental training characteristics, enabling participants to benefit from a broad range of fitness benefits.

The body uses different fuels at different levels of exertion. In general, training at lower heart rates cause mostly fats are used for fuel. At higher heart rates, more carbohydrates are used. With consistent training, your heart becomes stronger and pumps more blood, and ultimately you work output in the various heart rate zones improve. We strongly encourage training in all the Spinning Energy Zones.

E- Endurance (Exercise Intensity: 65-75% of maximum heart rate)

An endurance training session trains the body to be more efficient at metabolizing fat and maintaining a comfortable pace for extended periods. The emphasis is on finding a comfortable heart rate and pedaling style that can be maintained for hours. The heart rate is not varied throughout class. The majority of training should be endurance.

S- Strength (Exercise Intensity: 75-85% of maximum heart rate)

The strength training session involves steady, consistent pedaling with heavy resistances. Strength rides promote muscular and cardiovascular development that will enable you to feel like a strong and powerful climber. Recovery from this session is critical.

I- Interval (Exercise Intensity: 65-92% of maximum heart rate)

Interval training sessions emphasize speed, tempo, timing, and rhythm. Movements may include high RPM pedaling in the flats, Acceleration drills, and recovery stretches. The goal of interval training is to develop the ability to recover quickly after work efforts, an exercise that can be done in several heart rate ranges.

VT- Varied Terrain

The Varied Terrain ride is a ride which includes terrain from all the other types of rides in the energy zones. Heart rates and terrain will vary.

ExS- EXPRESS SPIN

A 45 minute ride geared toward beginners and those with limited time. Participants control the intensity.

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