

# WINTER INDOOR CYCLING CLASSES

## FEEL THE POWER!



**What is it?** An aerobic exercise that takes place on a specially designed stationary bicycle called a spinning bike. As you pedal, motivating music plays and the instructor talks you through a visualization of an outdoor cycling workout: "You're going up a long hill now; you can't see the top yet..." During the class you vary your pace -- sometimes pedaling as fast as you can, other times cranking up the tension and pedaling slowly from a standing position. This helps you to focus inwardly and work on your mind as well as your body.

**Why we love it:** It burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast. It also tones your quadriceps (front thigh muscles) and outer thigh muscles! Because you stay in one place with the same basic movement throughout. The class doesn't involve a lot of coordination; it's easier to concentrate on your form than in other types of aerobic classes. And although you follow the general instructions of the teacher, you are in control when it comes to your pace. You can finish class, regardless of your fitness level, simply by adjusting your pace or the tension knob on the bike.

**Where:** Tomah Middle School Fitness Center (please enter through gym doors off of Clark St.)  
**Must Park on Clark St. NO PARKING IN BUS LANE ON SIDE OF SCHOOL.**  
**Days & Times:** STARTING November 1st-February 24th.



### MORNING CLASSES

- MONDAY 5:30AM-6:15AM
- TUESDAY 6AM-6:45AM
- WEDNESDAY 5:30AM-6:15AM
- THURSDAY 6AM-6:45AM
- FRIDAY 5:30AM-6:15AM
- SATURDAY 7:45AM-8:30AM

### EVENING CLASSES

- MONDAY 6PM-6:45PM
- TUESDAY 7PM-7:45PM
- WEDNESDAY 6PM-6:45PM
- THURSDAY 7PM-7:45PM

**Cost:** \$3.00 per class or Super Cyclers Pass \$20.00 for 10 spins

**Age:** 16 yrs & older.

**Registration:** Participants will call Parks and Rec Office @374-7445 to get name on sign-up sheet or can sign up after class is finished for the next week's class. Sign up will only be taken one week in advance of the scheduled class.

FOR MORE INFORMATION CONTACT 374-7445

**TOMAH**  
Parks & Rec

**PLEASE BRING**  
**WATER BOTTLE & SMALL TOWEL**  
**SEPARATE PAIR OF SHOES**