



BODY Program ~ Spin-Indoor Cycle ~ WOMEN and GIRLS



COURSE SUMMARY

An intense cardiovascular workout designed to maximize calories burned in a short period of time. High energy music is used to increase motivation and performance. This course focuses on climbing, sprinting, and endurance rides, all while using optimal resistance to ensure the most calories burned in the least amount of time. Commit to show up consistently and you will see improvements in your fitness. Cycle shoes optional, but recommended.

<p><u>DURATION</u></p> <p>50 minutes</p>	<p><u>SCHEDULE</u></p> <p>Between 10 and 12 classes offered each week; exact schedule TBD.</p>
<p><u>DELIVERABLES</u></p> <ul style="list-style-type: none"> * In-person qualified instructor delivered training in beautiful Asheville, NC. * Variable groups (class sizes up to 40 students) * High energy workout * Hundreds of calories burned depending on the student's workout intensity level 	<p><u>AUDIENCE</u></p> <p>Adult women; girls age 13 and up</p> <p><u>PREREQUISITES</u></p> <ul style="list-style-type: none"> * Ability to participate in a moderate to high level intensity workout * Interest in burning calories and sweating * Interest in improving or maintaining your fitness level <p><u>INVESTMENT</u></p> <p>\$2 per student (Class valued at \$20 per student)</p>