



SPIN CLASS



Wondering what the hype is about spin classes? These are popping up all over the country with the idea that you go to a gym where you ride a stationary bike in a group setting. What is the appeal? How is it beneficial? All your questions answered here!

Joining a community that feels like a team

Scheduled class times to keep you accountable

Easy on your joints, less injuries very low impact

Improves your cardio for a healthy heart

Controlled environment: indoors, don't have to deal with rain, heat or rough terrain

Build lean muscle-great workout for quadriceps, hamstrings, hip flexors, glutes and core

One session on average burns anywhere from 400-600 calories