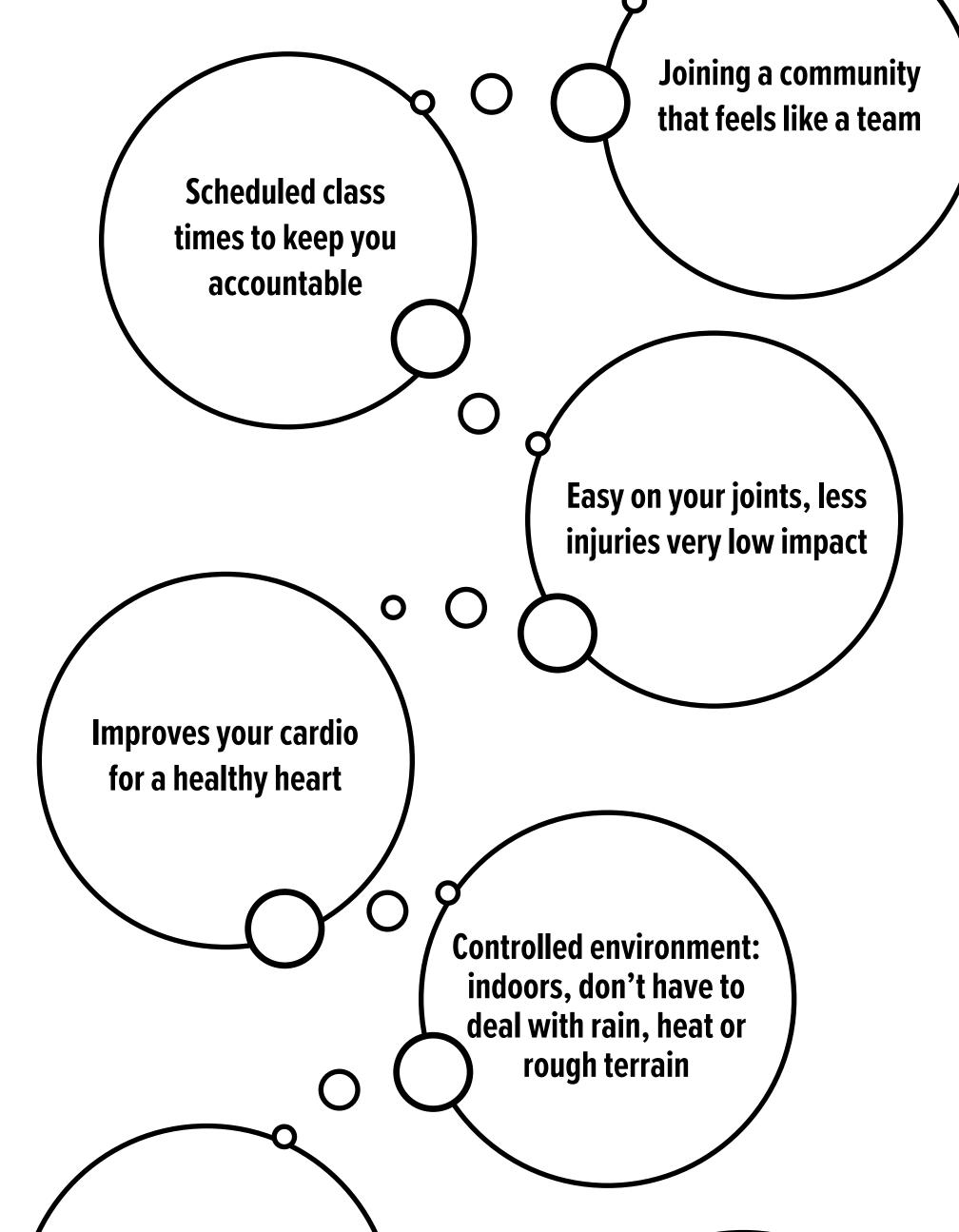


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Wondering what the hype is about spin classes? These are popping up all over the country with the idea that you go to a gym where you ride a stationary bike in a group setting. What is the appeal? How is it beneficial? All your questions

SPIN CLASS

answered here!



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

One session on average burns anywhere from 400-600 calories