



JCC Spinning Studio Schedule

Effective August 29, 2010

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque

5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 a.m.	Seth 6:00 am	Steve		Robin			Steve 7:15-8:30
8:25 a.m.		Jennifer	Henk	Jennifer		Lisa	Pattie 8:45-9:45
9:30 a.m.	Cathy	Jennifer Spin 101	Lolli		Lisa		
10:35 a.m.	Leslie				Leslie		
1:15 p.m.							
4:25 p.m.	Mike	Sherri		Clay			
5:30 p.m.		Debra		Pattie			
6:00 p.m.	Lolli 6:00-7:10		Mike				

Endurance:(HR 65-80% of max) Training in the EEZ builds a strong aerobic foundation by increasing the body's aerobic capacity. Endurance training should constitute the largest portion of your training time whether you are a world-class athlete, a regular Spinning class participant, or a beginning exerciser.

Strength:(HR 75-85% of max) The steady consistent pedaling, with resistance, of this energy zone will assist you in building strong & powerful muscles helping build your cardiovascular strength by challenging you to handle a slightly uncomfortable pace & workload.

Interval:(HR 65-92% of max) By emphasizing speed and tempo, interval training will help you develop the ability to work at peak levels and then recover quickly offering a variety of class structures.

COO/Group Fitness Director Cathy Driscoll 348-4485
 Spinning Coordinator Lisa Brown 348-4473
 Visit our website @ www.jccabq.org



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Race Day:(HR 80-92%) Race days simulate time trials where each participant races against the clock. Participants should expect to push themselves to their body's limits measuring the progress of their training.