

Prairie Life Fitness *FreeMotion* STAGES INDOOR CYCLING SCHEDULE **JANUARY 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>*Noon Class 40 min Express Ride</i></p> <p><i>** 70-75 min Extended ride option available on these Foundation Rides</i></p>	<p>1</p> <p><b>NEW YEARS DAY</b></p> <p>9:00am INSTRUCTORS CHOICE</p>	<p>2</p> <p>9:15am INSTRUCTORS CHOICE</p> <p>6:00pm Performance</p>	<p>3</p> <p>5:30m Foundation **</p> <p>9:15am Breakaway</p> <p>12:15pm Sprint *</p> <p>5:30pm Sprint</p>	<p>4</p> <p>9:15am Foundation**</p> <p>6:00pm Breakaway</p>	<p>5</p> <p>5:30am BENCH MARK</p>	<p>6</p> <p>8:00am Sprint</p> <p>9:15am Performance</p>
<p>7</p> <p>9:00am BENCH MARK</p>	<p>8</p> <p>5:30am Breakaway</p> <p>9:15am Foundation**</p> <p>12:15pm Breakaway *</p> <p>5:30pm Foundation**</p>	<p>9</p> <p>9:15am Performance</p> <p>6:00pm Breakaway</p>	<p>10</p> <p>5:30am Performance</p> <p>9:15am Sprint</p> <p>12:15pm INSTRUCTORS CHOICE *</p> <p>5:30pm INSTRUCTORS CHOICE</p>	<p>11</p> <p>9:15am Performance</p> <p>6:00pm Sprint</p>	<p>12</p> <p>5:30am Foundation**</p>	<p>13</p> <p>8:00am INSTRUCTORS CHOICE</p> <p>9:15am Breakaway</p>
<p>14</p> <p>9:00am Foundation**</p>	<p>15</p> <p>5:30am Sprint</p> <p>9:15am Performance</p> <p>12:15pm Sprint *</p> <p>5:30pm Performance</p>	<p>16</p> <p>9:15am Breakaway</p> <p>6:00pm Sprint</p>	<p>17</p> <p>5:30am Breakaway</p> <p>9:15am INSTRUCTORS CHOICE</p> <p>12:15pm Performance*</p> <p>5:30pm Foundation **</p>	<p>18</p> <p>9:15am Breakaway</p> <p>6:00p INSTRUCTOR'S CHOICE</p>	<p>19</p> <p>5:30am Performance</p>	<p>20</p> <p>8:00am Foundation**</p> <p>9:15am Sprint</p>
<p>21</p> <p>9:00am Performance</p>	<p>22</p> <p>5:30am INSTRUCTORS CHOICE</p> <p>9:15am Breakaway</p> <p>12:15p BENCH MARK*</p> <p>5:30pm Breakaway</p>	<p>23</p> <p>9:15am Sprint</p> <p>6:00pm BENCH MARK</p>	<p>24</p> <p>5:30am Sprint</p> <p>9:15am Foundation**</p> <p>12:15pm Breakaway *</p> <p>5:30pm Performance</p>	<p>25</p> <p>9:15am Sprint</p> <p>6:00pm Foundation**</p>	<p>26</p> <p>5:30am Breakaway</p>	<p>27</p> <p>8:00am Performance</p> <p>9:15am BENCH MARK</p>
<p>28</p> <p>9:00am Breakaway</p>	<p>29</p> <p>5:30am Foundation**</p> <p>9:15am Sprint</p> <p>12:15pm Performance*</p> <p>5:30pm Sprint</p>	<p>30</p> <p>9:15am BENCH MARK</p> <p>6:00pm Foundation**</p>	<p>31</p> <p>5:30am BENCH MARK</p> <p>9:15am Performance</p> <p>12:15pm Sprint *</p> <p>5:30pm Breakaway</p>	<p><b>Foundation Rides:</b> Energizing endurance rides featuring long durations of steady effort.</p> <p><b>Performance Rides:</b> Expect stages (5-15 m) of working at best sustainable effort.</p> <p><b>Breakaway Rides:</b> These rides feature intense aerobic intervals of 3-8 min.</p> <p><b>Sprint Rides:</b> Expect short bouts (30sec-2 min) of maximum anaerobic effort</p> <p><b>BENCH MARK RIDES:</b> Specific format features 18 min. of best sustainable effort. Allowing participants to establish their individual Functional Threshold of Power (FTP)- measured in Watts - Customizing training zones for optimal results.</p> <p><b>Instructor's Choice:</b> Instructor's mix it up—All Zone Rides, Circuit Rides, Games &amp; more.</p>		