

Prairie Life Fitness *FreeMotion* STAGES INDOOR CYCLING SCHEDULE September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Foundation Rides: Energizing endurance rides featuring long durations of steady effort. Tempo Training Performance Rides: Expect stages (5-15 min) of working at best sustainable effort. Threshold Training Breakaway Rides: These rides feature intense aerobic intervals of 3-8 min. Vo2 Training Sprint Rides: Expect short bouts (30sec-2 min) of maximum anaerobic effort. Anaerobic Training BENCH MARK RIDES: Specific format features 18 min. of best sustainable effort. Allows participants to establish their Functional Threshold of Power (FTP) - measured in Watts - Customizing training zones for optimal results. Instructor's Choice: Instructor's mix it up with All Zone Rides, Circuit Rides, Games and more.</p>					1 5:30am Foundation**	2 8:00am Foundation** 9:15am INSTRUCTORS CHOICE
3 9:15am Breakaway	4 9:15am Performance 12:15pm Performance* 5:30pm Breakaway	5 9:15am Foundation 6:00pm BENCH MARK	6 5:30am Sprint 9:15am INSTRUCTORS CHOICE 12:15pm Breakaway* 5:30pm Sprint	7 9:15am Sprint 6:00pm Foundation**	8 5:30am Performance	9 8:00am Performance 9:15am Foundation**
10 9:15am Sprint	11 9:15am Breakaway 12:15pm Breakaway* 5:30pm BENCH MARK	12 9:15am Performance 6:00pm Foundation**	13 5:30am BENCH MARK 9:15am Foundation** 12:15pm Sprint* 5:30pm INSTRUCTOR CHOICE	14 9:15am BENCHMARK 6:00pm Performance	15 5:30am Breakaway	16 8:00am Breakaway 9:15am Performance
17 9:15am INSTRUCTORS CHOICE	18 9:15am Sprint 12:15pm Sprint* 5:30pm Foundation**	19 9:15am Breakaway 6:00pm Performance	20 5:30am Foundation** 9:15am Performance 12:15pm INSTRUCTORS CHOICE* 5:30pm Breakaway	21 9:15am Foundation** 6:00pm Breakaway	22 5:30am Sprint	23 8:00am Sprint 9:15am Breakaway
24 9:15am Foundation**	25 9:15am INSTRUCTORS CHOICE 12:15p BENCH MARK* 5:30pm Performance	26 9:15am Sprint 6:00pm Breakaway	27 5:30am Performance 9:15am Breakaway 12:15pm Performance*	28 9:15am Performance 6:00pm Sprint	29 5:30am INSTRUCTORS CHOICE	30 8:00am BENCHMARK 9:15pm Sprint

* Noon Class - 40 min Express Ride ** 70min - Extended Ride Option Foundation Rides