

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 9:15am INSTRUCTORS CHOICE	2 5:30am Breakaway 9:15am Foundation** 12:15pm Sprint* 5:30pm Foundation**	3 9:15am Sprint 6:00pm Breakaway	4 *July 4th 10:00am INSTRUCTORS CHOICE	5 9:15am Performance	6 5:30am Foundation**	7 8:00am Sprint 9:15am Breakaway	
8 9:15am Foundation**	9 5:30am Sprint 9:15am Performance 12:15pm INSTRUCTORS CHOICE* 5:30pm Performance	10 9:15am INSTRUCTORS CHOICE 6:00pm Sprint	11 5:30am Breakaway 9:15am Foundation** 12:15pm Sprint* 5:30pm Foundation**	12 9:15am Breakaway	13 5:30am Performance	14 8:00am BENCHMARK 9:15am Sprint	
15 9:15am Performance	16 5:30am BENCHMARK 9:15am Breakaway 12:15pm Performance* 5:30pm Breakaway	17 9:15am Foundation 6:00pm INSTRUCTORS CHOICE	18 5:30am Sprint 9:15am Performance 12:15pm BENCHMARK* 5:30pm Performance	19 9:15am Sprint	20 5:30am Breakaway	21 8:00am Foundation** 9:15am INSTRUCTORS CHOICE	
22 9:15am Breakaway	23 5:30am Foundation** 9:15am Sprint 12:15pm Breakaway* 5:30pm Sprint	24 9:15am Performance 6:00pm Breakaway 6:00pm Foundation**	25 5:30am INSTRUCTORS CHOICE 9:15am Breakaway 12:15pm Performance* 5:30pm Breakaway	26 9:15am INSTRUCTORS CHOICE	27 5:30am Sprint	28 8:00am Performance 9:15am Foundation**	
29 9:15am Sprint	30 5:30am Performance 9:15am BENCHMARK 12:15pm Sprint* 5:30pm INSTRUCTORS CHOICE	31 9:15am Breakaway 6:00pm Performance	<p><b>Foundation Rides:</b> Energizing endurance rides with long durations of steady effort.</p> <p><b>Performance Rides:</b> Stages (5-15 min) of work at best sustainable effort. Threshold Training.</p> <p><b>Breakaway Rides:</b> Rides feature intense aerobic intervals of 3-8 min. Vo2 Training</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~18 min. best sustainable effort—Establish individual Functional Threshold of Power (FTP)- measured in Watts. Customized training zones for Optimal results.</p> <p><b>Instructor's Choice:</b> Instructor's mix it up. - All Zone Rides, Movie Ride, Mystery Rides,</p>			<p>Noon Class 40 min Express Ride</p> <p>** 70min - Extended Ride Option</p>	