

Prairie Life Fitness *FreeMotion* STAGES INDOOR CYCLING SCHEDULE December 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 INSTRUCTORS CHOICE | 2 8:00am <i>Sprint</i> 9:15am <i>Breakaway</i> |
| 3 9:00am INSTRUCTORS CHOICE | 4 5:30am <i>Breakaway</i> 9:15am <i>Performance</i> 12:15pm <i>Breakaway</i> * 5:30pm <i>Foundation</i> ** | 5 9:15am <i>BENCH MARK</i> 6:00pm <i>Breakaway</i> | 6 5:30am <i>Performance</i> 9:15am <i>Sprint</i> 12:15pm <i>Sprint</i> * 5:30pm <i>BENCH MARK</i> | 7 9:15am <i>Performance</i> 6:00pm <i>Sprint</i> | 8 5:30am <i>Foundation</i> ** | 9 8:00am <i>BENCH MARK</i> 9:15pm <i>Sprint</i> |
| 10 9:00am <i>Foundation</i> ** | 11 5:30am <i>Sprint</i> 9:15am <i>Breakaway</i> 12:15pm <i>Sprint</i> * 5:30pm <i>Performance</i> | 12 9:15am <i>Performance</i> 6:00pm <i>Sprint</i> | 13 5:30am <i>Breakaway</i> 9:15am <i>BENCH MARK</i> 12:15p <i>BENCH MARK</i> * 5:30pm <i>Foundation</i> ** | 14 9:15am <i>Breakaway</i> 6:00pm INSTRUCTORS CHOICE | 15 5:30am <i>Performance</i> | 16 8:00am <i>Foundation</i> ** 9:15am INSTRUCTORS CHOICE |
| 17 9:00am <i>Performance</i> | 18 5:30am <i>BENCH MARK</i> 9:15am <i>Sprint</i> 12:15pm INSTRUCTORS CHOICE * 5:30pm <i>Breakaway</i> | 19 9:15am <i>Breakaway</i> 6:00pm INSTRUCTORS CHOICE | 20 5:30am <i>Sprint</i> 9:15am <i>Foundation</i> ** 12:15pm <i>Performance</i> * 5:30pm <i>Performance</i> | 21 9:15am <i>Sprint</i> 6:00pm <i>Foundation</i> ** | 22 5:30am <i>Breakaway</i> | 23 8:00am <i>Performance</i> 9:15am <i>Foundation</i> ** |
| 24 9:00am <i>Breakaway</i> | 25 5:30am <i>Foundation</i> ** 9:15am <i>BENCH MARK</i> 12:15pm <i>Performance</i> * 5:30pm <i>Sprint</i> | 26 9:15am <i>Sprint</i> 6:00pm <i>Foundation</i> ** | 27 5:30am INSTRUCTORS CHOICE 9:15am <i>Performance</i> 12:15pm <i>Breakaway</i> * 5:30pm <i>Breakaway</i> | 28 9:15am INSTRUCTORS CHOICE 6:00pm <i>Performance</i> | 29 5:30am <i>Sprint</i> | 30 8:00am <i>Breakaway</i> 9:15am <i>Performance</i> |
| 31 9:00am <i>Sprint</i> | | | | | | |

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