

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Noon Class= * 40 min Express Ride</p> <p>** 70-75 min extended ride option available</p>		<p>1</p> <p>9:15am Foundation</p> <p>6:00pm INSTRUCTORS CHOICE</p>	<p>2</p> <p>5:30am Sprint</p> <p>9:15am BENCHMARK</p> <p>12:15pm Breakaway *</p> <p>5:30pm Sprint</p>	<p>3</p> <p>9:15pm Sprint</p> <p>6:00pm Foundation**</p>	<p>4</p> <p>5:30am Foundation**</p>	<p>5</p> <p>8:00am Performance</p> <p>9:15am Foundation **</p>
<p>6</p> <p>9:15am Sprint</p>	<p>7</p> <p>9:15am Breakaway</p> <p>12:15pm Performance*</p> <p>5:30pm Sprint</p>	<p>8</p> <p>9:15am Performance</p> <p>6:00pm Foundation**</p>	<p>9</p> <p>5:30am INSTRUCTORS CHOICE</p> <p>9:15am Foundation **</p> <p>12:15pm Sprint *</p>	<p>10</p> <p>9:15am INSTRUCTORS CHOICE</p> <p>6:00pm Performance</p>	<p>11</p> <p>5:30am Performance</p>	<p>12</p> <p>8:00am Breakaway</p> <p>9:15am Performance</p>
<p>13</p> <p>9:15am BENCHMARK</p>	<p>14</p> <p>9:15pm Sprint</p> <p>12:15pm Breakaway *</p> <p>5:30pm BENCHMARK</p>	<p>15</p> <p>9:15am Breakaway</p> <p>6:00pm Performance</p>	<p>16</p> <p>5:30am Foundation**</p> <p>9:15am Performance</p> <p>12:15p BENCH MARK*</p> <p>5:30pm Foundation**</p>	<p>17</p> <p>9:15am Foundation **</p> <p>6:00pm Breakaway</p>	<p>18</p> <p>5:30am Breakaway</p>	<p>19</p> <p>8:00am Sprint</p> <p>9:15am Breakaway</p>
<p>20</p> <p>9:15am Foundation **</p>	<p>21</p> <p>9:15am BENCHMARK</p> <p>12:15pm Sprint*</p> <p>5:30pm Foundation**</p>	<p>22</p> <p>9:15pm Sprint</p> <p>6:00pm Breakaway</p>	<p>23</p> <p>5:30am Performance</p> <p>9:15am Breakaway</p> <p>12:15pm INSTRUCTORS CHOICE</p> <p>5:30pm Performance</p>	<p>24</p> <p>9:15am Performance</p> <p>6:00pm Sprint</p>	<p>25</p> <p>5:30am Sprint</p>	<p>26</p> <p>8:00am INSTRUCTORS CHOICE</p> <p>9:15pm Sprint</p>
<p>27</p> <p>9:15am Performance</p>	<p>28</p> <p>9:15am Foundation **</p> <p>12:15p BENCH MARK*</p> <p>5:30pm Performance</p>	<p>29</p> <p>9:15am INSTRUCTORS CHOICE</p> <p>6:00pm Sprint</p>	<p>30</p> <p>5:30am Breakaway</p> <p>9:15am Sprint</p> <p>12:15pm Performance*</p> <p>5:30pm Breakaway</p>	<p>31</p> <p>9:15am Breakaway</p> <p>6:00pm INSTRUCTORS CHOICE</p>	<p><b>Foundation Rides:</b> Endurance rides &amp; durations of steady effort.</p> <p><b>Performance Rides:</b> Work (5-15 min) best sustainable effort.</p> <p><b>Breakaway Rides:</b> Intense aerobic intervals(3-8 m) Vo2 Training</p> <p><b>Sprint Rides:</b> Short bouts(30sec-2 min) of max. anaerobic effort</p> <p><b>Bench Mark Rides:</b> 18 min. of best sustainable effort. Establish 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, Quiz Rides, Cycling Circuit...</p>	