

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Foundation Rides: Energizing endurance rides with long durations of steady effort.</p> <p>Performance Rides: Stages (5-15 min) of work at best sustainable effort. Threshold Training.</p> <p>Breakaway Rides: Rides feature intense aerobic intervals of 3-8 min. Vo2 Training</p> <p>Sprint Rides: Expect short bouts (30sec-2 min) of maximum anaerobic effort</p> <p>Bench Mark Rides: 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>Instructor's Choice: Instructor's mix it up ~ All Zone Rides, Movie Ride, Mystery Rides, Quiz Rides, Cycling Circuit, and more.</p>			<p>* Noon Class - 40 min Express Ride</p> <p>** 70min - Extended Ride Option available</p>	<p>1</p> <p>9:15am INSTRUCTORS CHOICE</p> <p>6:00pm Performance</p>	<p>2</p> <p>5:30am Sprint</p>	<p>3</p> <p>8:00am Breakaway</p> <p>9:15am Foundation**</p>
<p>4</p> <p>9:00am Sprint</p>	<p>5</p> <p>5:30am Performance</p> <p>9:15am INSTRUCTORS CHOICE</p> <p>12:15pm Breakaway*</p> <p>5:30pm BENCH MARK</p>	<p>6</p> <p>9:15am Foundation</p> <p>9:15am BENCH MARK</p> <p>6:00pm Performance</p>	<p>7</p> <p>5:30am Foundation**</p> <p>9:15am Breakaway</p> <p>12:15pm BENCH MARK *</p> <p>5:30pm Sprint</p>	<p>8</p> <p>9:15am Foundation**</p> <p>6:00pm Breakaway</p>	<p>9</p> <p>5:30am INSTRUCTORS CHOICE</p>	<p>10</p> <p>8:00am Sprint</p> <p>9:15am Performance</p>
<p>11</p> <p>9:00am INSTRUCTORS CHOICE</p>	<p>12</p> <p>5:30am Breakaway</p> <p>9:15am Foundation**</p> <p>12:15pm Sprint *</p> <p>5:30pm Foundation**</p>	<p>13</p> <p>9:15am Performance</p> <p>6:00pm Breakaway</p>	<p>14</p> <p>5:30am Performance</p> <p>9:15am Sprint</p> <p>12:15 pm Performance*</p> <p>5:30pm INSTRUCTORS CHOICE</p>	<p>15</p> <p>9:15am Performance</p> <p>6:00pm Sprint</p>	<p>16</p> <p>5:30am Foundation**</p>	<p>17</p> <p>8:00am BENCHMARK</p> <p>9:15am Breakaway</p>
<p>18</p> <p>9:00am Foundation**</p>	<p>19</p> <p>5:30am Sprint</p> <p>9:15am Performance</p> <p>12:15pm INSTRUCTORS CHOICE</p> <p>5:30pm Performance</p>	<p>20</p> <p>9:15am Breakaway</p> <p>6:00pm Sprint</p>	<p>21</p> <p>5:30am Breakaway</p> <p>9:15am BENCHMARK</p> <p>12:15pm Breakaway *</p> <p>5:30pm Foundation**</p>	<p>22</p> <p>9:15am Breakaway</p> <p>6:00pm BENCH MARK</p>	<p>23</p> <p>5:30am Performance</p>	<p>24</p> <p>8:00am Foundation**</p> <p>9:15am Sprint</p>
<p>25</p> <p>9:00am Performance</p>	<p>26</p> <p>5:30am BENCH MARK</p> <p>9:15am Breakaway</p> <p>12:15 pm Performance*</p> <p>5:30pm Breakaway</p>	<p>27</p> <p>9:15am Sprint</p> <p>6:00pm INSTRUCTORS CHOICE</p>	<p>28</p> <p>5:30am Sprint</p> <p>9:15am Foundation**</p> <p>12:15pm Sprint *</p> <p>5:30pm Performance</p>			