


# September-10

## Energy Zones

Sun	Mon	Tues	Wed	Thur	Fri	Sat
<b>Energy Zones</b>				<p><b>NEW to the cycle program?</b>  <b>Please arrive 10 minutes early</b>  <b>to get set-up.</b>  <b>Have a great ride!</b></p>		
<b>E=Endurance</b>	<b>I=Interval</b>	<b>S=Strength</b>	<b>R=Group Ride</b>			
<b>65-80% HR</b> <b>80-110 RPM</b>	<b>65-92% HR</b> <b>60-110 RPM</b>	<b>75-85 % HR</b> <b>60-80 RPM</b>	<b>A</b> choreographed, interval style ride.			

<p><b>90 minute rides</b>  <b>9/6 - 9:15am</b>  <b>9/11 - 10:10pm</b>  <b>9/17 - 9:15am</b>  <b>9/21 - 7pm</b></p>	<p><b>All's Friday morning Ride class will be replaced with</b>  <b>Tori's Interval Cycle class</b>  <b>on 9/3 and 9/10.</b></p>	<p><b>Please arrive on time and</b>  <b>refrain from using your cell</b>  <b>phone during class.</b></p>
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			1	2	3	4
			5:30am - S 9:15am - R 6:30pm - I	9:15am - I 12:15 - I 6:15pm - I	5:30am - E 6:50am - I 9:15am - E 5:30pm - E	7:30am - I 9:00am - I 10:10am - I
5	6	7	8	9	10	11
10am - S	9:15am - 90 minute <b>Labor Day</b>	7:45am - E 9:15am - E 12:15pm - E 7:00pm - E	5:30am - E 9:15am - R 6:30pm - S	9:15am - S 12:15pm - S 6:15pm - S	5:30am - I 6:50am - I 9:15am - I 5:30pm - I	7:30am - S 9:00am - S <b>10:10am - 90 min.</b>
12	13	14	15	16	17	18
10am - E	5:30am - S 9:15am - E 6:00pm - S	7:45am - I 9:15am - I 12:15pm - I 7:00pm - I	5:30am - I 9:15am - R 6:30pm - E	9:15am - E 12:15 - E 6:15pm - E	5:30am - S 6:50am - R <b>9:15am - 90 min.</b> 5:30pm - S	7:30am - E 9:00am - E 10:10am - E
19	20	21	22	23	24	25
10am - I <b>Sing and Spin</b> 	5:30am - E 9:15am - I 6:00pm - E	7:45am - S 9:15am - S 12:15pm - S <b>7:00pm - 90 min.</b>	5:30am - S 9:15am - R 6:30pm - I	9:15am - I 12:15 - I 6:15pm - I	5:30am - E 6:50am - R 9:15am - E 5:30pm - E	7:30am - I 9:00am - I 10:10am - I
26	27	28	29	30		
10am - S	5:30am - I 9:15am - S 6:00pm - I	7:45am - E 9:15am - E 12:15pm - E 7:00pm - E	5:30am - E 9:15am - R 6:30pm - S	9:15am - S 12:15 - S 6:15pm - S		