

Introduction to Spinning

By undertaking a regular Spinning regime you can make your fitness goals a reality. Spinning has no complicated moves to learn and is accessible to all fitness levels, all ages and any shape, size and ability.

The main goal of Spinning is to make health and fitness accessible to every lifestyle. With regular Spinning sessions we aim to help you reach your personal fitness goals and make exercise fun. Please find below a selection of the training techniques that can be used during spinning sessions, it really shows the diverse nature of the exercise and hopefully how a spinning regime will benefit you and your training. More information can be found by visiting www.spinning.com.



Spinning Training Zones

With five different energy zones to work through Spinning can offer a balanced training regime which can enable you to reach your fitness goals faster. Details of the training zones and links to the spinning website and the information are shown below:



Recovery Zone - Please Visit: <http://www.spinning.com/images/Recovery.pdf>

Endurance Zone Please Visit: http://www.spinning.com/images/Endurance_Energy_Zone.pdf

Interval Zone Please Visit: <http://www.spinning.com/images/IntervalEZ.pdf>

Strength Zone - Please Visit: http://www.spinning.com/images/Strength_Energy_Zone.pdf

Race day Zone - Please Visit: http://www.spinning.com/images/Race_Day_Energy_Zone.pdf

Spinning & Heart Rate Monitors

To take part in Spinning does not require a heart rate monitor but when one is worn it can enhance your training and your Spinning regime. Whether your goal is to burn fat and calories, to feel energised or to strengthen your cardio respiratory system you need to make sure you are working in the correct training zone or at the right intensity. The most effective and accurate way to do this is to measure your effort levels by using a heart rate monitor. Our instructors can help you with your calculations and in no time we will have you working towards your personal fitness goals.

Further information is available at: http://www.spinning.com/images/Heart_Rate_Monitor.pdf

Spinning & Osteoarthritis

Osteoarthritis is a common condition, indicating wear and tear of joint surfaces. This condition is very common within the knee and hip joints. For years it was thought that exercise may worsen the joint integrity and limit joint function however recent studies have shown the opposite happening and exercises such as spinning have shown to have a positive influence on joint conditions such as osteoarthritis. Further information available at: http://www.spinning.com/images/Knee_Osteoarthritis.pdf

Spinning & Pregnancy

Taking Spinning classes during your pregnancy is safe, as long as you follow certain precautions and your doctor's advice. For more information please visit: <http://www.spinning.com/images/Pregnancy.pdf>

(All the information, enclosed in this document are for the benefit of our members and those looking to increase their knowledge and training with regards to Spinning and how this medium can enhance their individual training regimes.

It is all available by visiting www.spinning.com and the links provided)

Testimonials

As part of our focus on Spinning we are delighted to include accounts from two of our newest, most dedicated and improved Spinners. Both Joy and Jenny have recently taken up Spinning as part of their daily exercise regime and have kindly given us their accounts of how they find the Spinning sessions and how it has helped to improve their overall fitness.

Read their accounts below and see for yourselves how Spinning might be able to help you.

Joy Collins Age 65

I first tried spinning in August this year (2011) because I did not want any further operations and I was advised it would help me with my problems. In the past few years I have received operations to replace both my left hip and my knee. When I started to feel pain in my right knee, I was determined not to have any further operations in the near future.

After speaking to Jayne (Collins) regarding changing my routine and the problems I was experiencing I decided to try spinning. I wanted to prevent my knee condition from getting worse and to try something different. I tried it for 3 weeks at first and joined in 2 sessions each week. After 3 weeks I was hooked! I then participated in the charity spin-a-thon and have never looked back since, now I do 4 spinning sessions each week!

I have experienced several benefits since I started spinning. I have found that this class really motivates me. I feel great after the sessions, like I have worked hard and really achieved something. Overall I feel fitter, more energised; it really gives you a lift. Physically I feel so much better, my walking has improved and I have even reduced the pain medication I take for my knee. I feel overall stronger, fitter and healthier! My GP thinks it's done wonders for me, I have better mobility and I used to suffer from cramps, not anymore!

I would recommend Spinning to anyone, it has really helped me. I used to think I wouldn't be able to do it and keep up but Jayne gave me advice and a programme to suit me, meaning I was in control of what I did in the class. No two classes are the same and there is an element of progression so you continue to improve.

The Class is very good and so friendly you will be well looked after and everyone is treated the same no matter what your level of fitness or age. You just have to try it!

Joy Collins



Jenny Oliver Age 62

I have been Spinning for 8 weeks now and I feel stronger and fitter than I have done for years and have so much more energy than before.

There used to be a barrier, a threshold that I could not seem to push past. It used to stop me from doing a lot of things. Now it doesn't exist anymore, I got through it. Spinning help me push through my personal barrier and keep on improving

I suffered a bad knee injury around 10 years ago and it had always flared up, caused me problems. This knee problem along with fibromyalgia, which I suffer with used to hold me back. Now I don't let either of them let me miss out on anything. Spinning helped me break through this barrier and continue improving.

This is the only thing that I have done that has made me feel like this. It is such a good session; it leaves you with that feel good factor. I find it hard to believe but I would rather go Spinning than shopping!

The first time I tried Spinning I slotted in with the rest of the class. But when I enjoyed it, I got more involved and started taking an interest in the different training zones. I Always monitor my heart rate when I am Spinning and I work at a level from 65% up to 92% of my maximum heart rate. Every session is different but we all work together even though we all have our own individual targets. I got given good advice regarding my knee, what to do and what not to do while spinning and it doesn't hurt me at all when I am exercising. I still get a bit of pain here and there when I am not spinning but the major issues are a thing of the past.

I take part in Spinning 3 times a week now; I wouldn't do it if it wasn't enjoyable. I would advise anyone to try it and if you are not sure you just have to give it go! It is so much fun as well, last week we played bingo while we were exercising, I never thought I would be able to say that.

Jenny Oliver