

WHY YOU SHOULD DO INDOOR CYCLE/SPIN SESSIONS



A spin class is a high intensity cycling workout that generally takes place on a stationary machine with a heavy, weighted flywheel that is linked to the pedals.

Most spin classes last for around 30-50 minutes; it's rarely necessary for them to be any longer and participants can expect to leave sweaty and with heavy legs.

Nearly all classes will be led by an instructor who calls out intervals (when to pedal hard and when to slow it down, when to level up & lower down) – and this person has a huge effect on the class.

WHAT ARE THE BENEFITS?

- Endorphin Rush.
- Develop Strong core and back.
- Toned quads and Bum (not build muscle).
- Big calorie burner – 500-700cal in a 45 min class.
- Time efficient.
- Flexible joints – knees, ankles, back.
- Healthy skin.
- Improve fitness.
- Boost immune defences.