

For the latest class schedules and monthly newsletters go to parrishhealthandfitness.com

Indoor Cycling Studio



Recovery: (50% to 65% MHR) The main objective is to make the body feel like it has been gently massaged and is vibrating with gathered energy. Only light resistance is used and there are no jumps or hills during this ride.

Endurance: (65% to 75% MHR) Trains the body to be more efficient at metabolizing fat and to maintain a comfortable pace for an extended period of time. Stay in the saddle and establish a smooth steady rhythm for the entire ride.

Strength: (75% to 85% MHR) Implement steady, consistent pedaling with heavy resistance. This type of ride can be done in a seated or standing climb position. The goal of this zone is to build the cardiovascular strength needed to handle a slightly uncomfortable pace.

Interval: (65% to 92% MHR) Emphasizes speed, tempo, timing and rhythm. The goal of this Energy Zone is to shorten your recovery time. Movements include flats, hills and sprints.

Race: (80% to 92% MHR) Gives riders the opportunity to measure their progress and should be treated as a real race. A Race Day ride is carried out at a steady heart rate, so there are no jumps, standing flats or significant fluctuations in pace during this type of ride.

Indoor Cycling: An energizing, inspired program led by an expert coach. The rides vary monthly.

30/30 TABATA® Spinning/Boot Camp Express: Basketball court (weather permitting)

This 30 Minute format will include 30-20-10 timing with no breaks between the varied timing. One MAX interval and one MIXED interval are added along with Team GAME to create a high energy total body workout.

