

## A Spin Class Review

By Andrea Michaud

As more and more people incorporate fitness into their lives, many seek different ways to get that daily sweat. Interval training involves short, high-intensity exercise periods alternated with periods of rest, repeated several times to form a complete workout. This form of training has become increasingly popular, turning up in mainstream activities such as spin classes. Although not new to the fitness scene, spin classes continue to draw a crowd at fitness facilities. Never having attended a class and looking for a change, I decided to try out spin for myself.

A spin class is basically a fitness journey on stationary bikes that simulates mountain and road biking, but without the traffic. The class lasts 45 minutes and is led by an instructor who is also on a stationary bike. The instructor sets the 'course' and puts it to loud, energetic music. Following the cues of the instructor, each person changes the resistance to simulate going up and down hills and gets off their seat to climb or sprint. The instructor was great at motivating the class, although at times I imagined her as a drill sergeant shouting out orders, making me work harder and harder.

Spin offers a fun, challenging class that accommodates all levels of fitness, as each person ultimately determines the intensity of their workout. For newer students or those just getting into fitness, simply use less resistance. More resistance can be used for the serious fitness fanatic. I hadn't realized it was possible to sweat so much in 45 minutes.

Spinning is more like riding a real bike than anything else you will find at your local gym and a great way to change up your regular fitness routine.



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