

# SCHWINN® CYCLING CLASSES



## Low end endurance

65-75% of MHR

Get energized through this smooth ride. Let the music carry you over mostly flat terrain. Stay in a training zone between 65-75% of your maximum heart rate.

## High end endurance

75-85% of MHR

With a much higher intensity than the low end endurance, but still in control. Stay on the right side of your anaerobic threshold. Varied terrain.

## Fartlek

65-85% of MHR

Varied terrain, varied speed and resistance. This ride will take you everywhere.

## Hill

75-85% of MHR

Stay on the mountain and increase your strength. We start together at the base of the mountain and finish together at the top.

## Extensive Interval

65-85% of MHR

Enjoy this interval class – take the opportunity to work hard during the peaks and know that recovery will always follow.

## Intensive Interval

65-90% of MHR

Bring yourself to peak condition with the intensive interval. Not for beginners!! You need good stamina and experience to be able to take this all the way.

## Competition 65-95% /

Challenge 80% + of MHR

Not for the faint hearted. Come prepared and come motivated. The Challenge class is the true cycling class, testing your limits and challenging you all the way to the finish.

