Spin out Loud

With Robin O'Grady

Many instructors are working in an all level situation, with riders that are training for something specific and people who have never sat on a bike before.

There are classes in the big facilities and studios specific to spin have also become very popular.

People can choose from classes with weights and choreographed movements on the bike to classes designed to improve performance and prepare for racing, using FTP testing and Watts regularly.

As always putting safety in the forefront what makes your classes stand out?

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Playlist

Song	Artist	Time/Drill	Notes (love it?)

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