INSTRUCTOR: Jodi McKenna (Head Women’s Ice Hockey Coach, Certified Spinning Instructor)

CONTACT: 685-2904/Office in Freeman Athletic Center

CLASS TIMES/LOCATION: MWF 11:00-11:50/Multi-Use Room #1, Freeman Athletic Center

COURSE DESCRIPTION: This class will focus on improving participant fitness level through a variety of indoor cycling workouts. Each ride will be set to music with origins in road cycling training. The class is designed to accommodate various fitness levels as each rider controls his/her own resistance and pace on the bike. The average ride time is 40-45 minutes.

COURSE REQUIREMENTS AND GUIDELINES:

- **Attendance is mandatory.** Your pass/fail grade will depend upon how many of these classes you attend through active participation. Three (3) excused absences are allowed over the course of the quarter. More than three absences will result in a no credit for the class.

- **Appropriate attire is essential.** Shorts, sweatpants, tights, t-shirts, tank tops, etc. and running/cross-training shoes are recommended. Street clothes and shoes will not be allowed in the class. Optional equipment includes cycling shoes and padded cycling shorts.

- **You should have a water bottle and towel for every class**

- **Please be on time.** During the first class you will be shown how to set up your bikes. For all subsequent classes you will be expected to be on the bike and ready to begin no later than 11:05. If you arrive late you will be marked as absent.

GRADING:

- Your grade is based on attendance and active participation. There are no exams.

DATES TO REMEMBER:

- October 10 - Last day to withdraw from a 1st quarter class