Kelsey Levine
Monday / Thursday 2:30-3:50

Course Description
Spinning is a high intensity PE course that focuses on cardiovascular fitness. Workouts are conducted on the third floor of Lassel in the Spinning Room. Spin bikes are made to mimic outdoor road bikes and workouts are fast-paced and vary between endurance rides and interval rides throughout the term. A strong base of cardiovascular fitness is recommended prior to enrolling in class. Class begins with a warmup and end with a cool down and stretching. Workouts last between 60-70. Get ready for a great workout to energize you after a day of classes!

Equipment
Students should wear comfortable exercise gear to each class including sneakers or bike shoes with spd clips. Students should also bring a sweat towel and water bottle. Phones, ear buds are not permitted in class.