



# SPINNING® - JANUARY 2009



All classes are 60 minutes except where noted (45 or 75 minutes). Phone us at 248-540-9596. The schedule can be viewed on our web site at [www.oaklandathleticclub.net](http://www.oaklandathleticclub.net).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy New Year, OAC Members!</b> You can reach your fitness goals for 2009 in the spinning room, assisted by our excellent indoor cycling instructors.</p>		<p><b>Spinning® Energy Zones™</b>  <b>All Terrain</b>-Flats, climbs, jumps, sprints at 65%-85% MHR  <b>Strength</b>-Seated and standing climbs at 75%-85% MHR  <b>Endurance</b>-Steady flats and climbs at 65th%-75% MHR  <b>Intervals</b>-Flats and climbs with recoveries at 65%-92% MHR  <b>Race Day</b>-Flats, climbs, sprints at 80%-92% MHR                      MHR=Maximum Heart Rate</p>		<p>8:30am All Terrain Jerry</p> <p>OAC hours 8:00AM-12:00PM</p>	<p>7:00am Strength Jen</p> <p>9:30am All Terrain Dave</p>	<p>8:00am All Terrain Liz</p>
<p>8:45am Endurance Vanessa</p>	<p>Noon Lunch Spin-45 min Christina</p> <p>6:15pm All Terrain - 75 min Vanessa</p>	<p>5:45am All Terrain - 45 min Ron</p> <p>6:35am All Terrain - 45 min Ron</p> <p>6:00pm Strength Jen</p>	<p>5:45am Intervals-45 min Christina</p> <p>6:35am Intervals-45 min Christina</p> <p>Noon Lunch Spin-45 min Jerry</p> <p>6:30pm Endurance - Jim</p>	<p>7:30am Intervals Jerry</p> <p>5:45pm Intervals Jen</p>	<p>5:45am All Terrain Ron</p> <p>9:30am Endurance Dave</p>	<p>8:00am Strength Liz</p>
<p>8:45am All Terrain Vanessa</p>	<p>Noon Lunch Spin-45 min Christina</p> <p>6:15pm Strength - 75 min Vanessa</p>	<p>5:45am Endurance - 45min Ron</p> <p>6:35am Endurance - 45min Ron</p> <p>6:00pm All Terrain Jen</p>	<p>5:45am Strength-45 min Christina</p> <p>6:35am Strength-45 min Christina</p> <p>Noon Lunch Spin-45 min Jerry</p> <p>6:30pm Intervals - Jim</p>	<p>7:30am Theme Day Jerry</p> <p>5:45pm Strength Jen</p>	<p>5:45am Intervals Ron</p> <p>9:30am Intervals Dave</p>	<p>8:00am Intervals Liz</p>
<p>8:45am Strength Vanessa</p>	<p>Noon Lunch Spin-45 min Christina</p> <p>6:15pm Intervals - 75 min Vanessa</p>	<p>5:45am Strength - 45 min Ron</p> <p>6:35am Strength - 45 min Ron</p> <p>6:00pm Intervals Jen</p>	<p>5:45am All Terrain - 45 min Christina</p> <p>6:35am All Terrain - 45 min Christina</p> <p>Noon Lunch Spin-45 min Jerry</p> <p>6:30pm Strength-Jim</p>	<p>7:30am Endurance Jerry</p> <p>5:45pm Strength Missy</p>	<p>5:45am RACE DAY Missy</p> <p>9:30am Strength Dave</p>	<p>8:00am Endurance Jen</p>
<p>8:45am Intervals Vanessa</p>	<p>Noon Lunch Spin-45 min Christina</p> <p>6:15pm All Terrain - 75 min Vanessa</p>	<p>5:45am Intervals - 45 min Ron</p> <p>6:35am Intervals - 45 min Ron</p> <p>6:00pm Strength Jen</p>	<p>5:45am Endurance-45 min Christina</p> <p>6:35am Endurance -45 min Christina</p> <p>Noon Lunch Spin-45 min Jerry</p> <p>6:30pm All Terrain-Jim</p>	<p>7:30am All Terrain Jerry</p> <p>5:45pm Endurance Jen</p>	<p>5:45am All Terrain Ron</p> <p>9:30am Intervals Missy</p>	<p>8:00am All Terrain Liz</p>

Please email your questions, comments or suggestions to Jen Hoinka at [jhoinka@comcast.net](mailto:jhoinka@comcast.net)