

SPINNING®



→ Training Tips

MUSIC IN YOUR SPINNING® CLASS



After a Spinning class, one of the first responses instructors receive is: “Wow, what awesome music!” Spinning instructors know that music selection is one of the most important aspects of their jobs.

MUSIC AS A MOTIVATOR

From the inception of the Spinning program, music has been an important motivational and training tool. Music has a great role in establishing the mind-body connection. Music empowers and sharpens the focus of the body and its connection to the bike and environment around us—not merely as entertainment, but as a tool to set rhythm, tempo and an emotional overtone. Music raises our spirits and inspires us to perform at new levels.

EXPERIENCING MUSIC

Certified Spinning instructors are trained in selecting and using appropriate music in Spinning classes. Training includes exposure to all music genres, including new age, rock, techno, classical and world. Instructors are exposed to new horizons in music selection that span the globe as well as generations. You may have noticed that many instructors are known for their ability to select and

utilize music. This is not only a result of their training but a result of their personality, tastes and experiences. Their music has a “feel”—the beats per minute become insignificant and the cadence becomes relevant. Finding a layer, rhythm line or perhaps a particular instrument to follow, takes precedence. Sometimes the music is familiar sometimes it’s completely different from anything we have heard, but always part of the experience. Your Spinning instructor has been encouraged to explore the depth of music and its application to your Spinning experience.

So calm the body, still the mind and allow the music to stir your soul. Be an open vessel, open to experience all music tastes. Your Spinning instructor has put time and thought into the music selection. Enjoy the ride.

→ For more information about the Spinning program, visit www.spinning.com or call **800.847.SPIN (7746)**.