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Spinning Class Tips

- 1 Get to the Studio Early. Give yourself 10-15 minutes before class starts to familiarize yourself with the studio and your bike. ...
- 2 Wear Breathable Clothing. ...
- 3 Consider Your Footwear Options. ...
- 4 Bring Plenty of Water. ...
- 5 Eat a Small Meal Prior. ...
- 6 Pace Yourself. ...
- 7 Try Adjusting the Resistance Knob. ...
- 8 Check Your Posture.

8 Tips Before Your First Spin Class | Gateway Region YMCA Blog