**Spin**
Spinning is a group cycling class designed to simulate high performance bicycle racing. Carried out on specially designed stationary bicycles, the workout improves aerobic and anaerobic performance. Music and mental (psychological) stimuli are used to motivate participants through exciting 45-minute workouts.

**Spin and Trim**
This class combines aerobic training and muscular conditioning using two of the hottest pieces of fitness equipment on the market. Participants are led through a 55-minute group cycling class on the popular spin bikes, followed by 25 minutes of core conditioning using the fitness ball. It’s an intense full body workout for anyone who is up to the challenge.