



HEALTH AND FITNESS

By Mary Kroszner

Love your workout - take a ride!

If you've ever watched the Spinning® studio a few minutes before a class, you surely have noticed a rush of people, clad in black bike shorts, moving with practiced precision and completely focused on getting into the room and setting up their bikes. If you've dismissed them as some sort of "fitness junkies", you are almost right!

Spinning®, an indoor cycling class, could become your next "fitness addiction"! As you're pedaling through class a rush of "happy" endorphins are being released in your body that improve your mood and gives you a general feeling of well being long after class is over. Addicted to fitness? They will tell you yes and you don't have to run a marathon or race in the Tour de France to experience it!

This is really the deal with Spinning®. For many who discover this class, the benefits of the natural high are as important as the fitness benefits. The mind-body connection makes working out in a spin class feel extremely personal. You are in a zone, one with your bike, a finely timed athlete, breathing and pedaling in perfect unison with the music – creating a cadence that can almost make you forget where you are. Being this focused makes your workout feel nearly effortless, as you are truly "in the moment".

Set your mind free! During your class, you can master a time trial like a pro racer, or climb one of the stages of the Tour de France like Lance Armstrong. You can also take a rolling hills ride around the back roads of Bucks County or leisurely cruise the beaches 'down the shore' without ever leaving the spinning room.

Spinning® and indoor cycling have been a part of most health clubs since the late 80's and gained it's popularity because it's an excellent low impact cardio workout that is appropriate for everyone. It's a great way to snap your body into shape, increase endurance, cardiovascular ability, burn some major calories in a short period of time and most of all, have you leaving each class feeling like *you are physically amazing*.

Classes typically last an hour and include time to warm up, opportunities to reach your target heart rate and exercise goals followed by an appropriate cool down. The instructor guides your ride with motivating music and mental imagery and the intensity, effort and resistance knob is always in your control. This makes it ideal for people of all ages and fitness levels.

If you're an outdoor cyclist or a runner, you already know that natural "high" and can barely think of spending the winter without it! Spinning not only will help you load up on those happy endorphins, but will keep you strong and conditioned. Ideal for runners, spinning offers a low impact cross training alternative.

Want to take a ride? If you're new to Spinning®, just get into one of our intro classes and let the experienced instructor show you the way. Bike set up, ride terms, getting the most out of your class, and a short fun ride are all part of getting started. We guarantee that you'll enjoy the music and the camaraderie and of course, your ride!

With the time change just around the corner and colder weather close behind, come join us for a fun, healthy alternative to becoming a winter couch potato!

Mary Kroszner is a certified Star 3 Spinning Instructor and Personal Trainer at Cornerstone Health and Fitness. Numerous weekly classes, including intro and beginner classes are available.

Visit www.cornerstoneclubs.com for more information on the current schedule or call 215.862.2200.