



Spinning Program Frequently Asked Questions

Spinning Pass

How much does the Spinning Pass cost?

Summer Pass: June 29, 2009 to September 30, 2009 -- \$15 Student / \$20 Member

Fall Pass: August 10, 2009 to January 31, 2010 -- \$35 Student / \$40 Member

Trial Pass: \$3

NOTE: At no point in a semester is a Spinning Pass ever prorated or refunded.

How do I purchase a Spinning Pass?

- Spinning Passes can be purchased in the Reily Member Services Office Monday – Friday, 8:00 am – 6:00 pm or Saturday from 10:00 am – 2:00 pm.
- If you cannot make it to the office during regular office hours you can purchase a Spinning Pass over the phone by calling 865-5431 during regular business hours.
- *NOTE: Patrons do not receive a physical Spinning “pass.” They are simply granted access to the online Spinning registration site for the duration of the pass period.*

What is the purpose of the Spinning Fee?

Now that we have received a donation for the new up-to-date Spinning bikes, we want to ensure that we have funding to cover the maintenance, upkeep, and replacement of the bikes. The Spinning Pass revenue will be put into a special account so as to avoid situations where funding is a barrier to replacing bikes as needed.

Because of the condition of our former (or current, if before June 29) Spinning bikes, the Spinning Fee was eliminated two years ago. Prior to us dropping the fee, the revenue from the Spinning Pass was income for the University.

Do I have to be a Reily Member to purchase a Spinning Pass?

Yes, Spinning is still a privilege extended to Reily Student Recreation Center members only.

Can I take a trial Spinning Class before I decide to purchase a semester pass?

- Yes, you can purchase a trial pass for \$3.00.
- You may purchase as many trial passes as you would like throughout the semester.
- The pass must be used either the day you purchase it or on the following day.
- Member Services will help you to find an available space and to reserve a bike.

Spinning Reservation Process

How do I reserve a bike?

- An online reservation system will be implemented on Monday, June 29th.
- Once you have purchased your Spinning Pass you will receive a user name and password and a step-by-step guide to our online reservation system.
- Our online reservation system will allow you to reserve a bike in only one class per day.
- The online reservation system opens at 7AM for classes for the next day.

What if I reserve a bike and my schedule changes?

If your schedule changes, you can log back into the online system and remove yourself from a class. Classes that are still open for that day will then be made available to you to reserve a bike for a different class if desired. More information about the system will be given to you when you purchase your pass.

Does my reservation hold my bike even if I am running late for a class?

No, your bike reservation will be released five minutes before the class is scheduled to begin. At that point, your bike reservation will be given to anyone waiting outside of the Spinning room.

Do I have to reserve a bike or can I just drop-in to take a class?

If you do not reserve a bike there is no guarantee you will be able to take a class. We will, however, release any bike reservations from "no show" patrons five minutes prior to a scheduled class. If bikes are available at that time, they will be given to members waiting outside the classroom. You must have purchased a Spinning Pass and log-in with your Spinning user name and password to enter the classroom.

What if I don't have access to a computer?

We have three computers available in our atrium for member use.

Why are we switching to an online reservation system?

The online registration system will allow us to better manage our classes, using a paperless system to allow our instructors to check rosters online right inside the Spinning studio! This system will also allow us to alert class participants via email of any last-minute class cancellations.

Spinning Bikes

What type of Spinning bikes are we getting?

The Spinner® NXT by Star Trac <http://www.Spinning.com/Spinning-shop-spinner-bikes/spinner-bike-nxt.asp> The spinner NXT is the ultimate in indoor cycling bikes, featuring incredible styling and a corrosion-resistant, all aluminum frame. The Spinner® NXT has no-slip handlebars and dual water bottle holders for non-stop hydration on those long rides when the music is turned up. It has dual-sided SPD® compatible platform pedals for clipless or regular shoes. The NXT's micro-adjustable fore and aft seat slider means you can adjust the bike to a perfect fit on every ride. The NXT's ergonomic saddle with flexible seat base, double density padding and anatomical cutout provides unparalleled riding comfort.

Additional features include:

The new Spinning® Computer provides continuous access to cadence, heart rate, and distance or time traveled. *NOTE: A heart rate monitor transmitter is required for use with this product. For more information visit <http://www.Spinning.com/Spinning-shop-spinner-bikes/spinner-accessories-7944.asp>*

Some bikes will be outfitted with Triple Link Spin Bike Pedals. These pedals feature Snap-in, locking (eliminating accidental release) toe clip for use with any traditional athletic shoe.

Spinning Classes

What do I need for class?

- We recommend you bring a water bottle and a towel.
- Towels can be rented at the Reily front desk for \$1.00.
- You do not need shoes with cleats or any special shoes, however, clip-in pedals and triple lock pedals are available on most bikes.
- *NOTE: You must arrive to class at least five minutes early to allow time for bike set-up and ensure your bike reservation.*

What fitness level or condition should I be in to participate in a class?

Every class is a little different, but one of the great things about the Spinning program is that it is adaptable to your fitness level. Remember that there's no competition; you can go at your own pace by controlling the resistance on your bike. Listen to your body and adjust accordingly.

If you're a first timer let your instructor know. He or she can make sure your bike is properly adjusted and give you a rundown on the Spinning program's five core movements and program fundamentals like heart rate training that will help you burn more calories, increase your strength and improve your overall fitness. If possible (but not necessary), try to attend our Intro to Spin class before moving on to one of our other classes.

Please make sure to review our Spinning policies on-line at www.reilycenter.com/groupexercise.asp