

SRC NEWSLETTER

VOLUME 15 ISSUE 9

SEPTEMBER 2021

SKAGWAY RECREATION CENTER (SRC)

Become a Spinning Instructor!

Join Master Trainer
Sabrina Fairchild



Location:
Skagway Recreation Center
1200 Main Street.
Skagway, AK 99840

Spinning® Instructor Certification

Thursday, September 23rd, 2021
8:00am to 5:00pm

SPINPower® Instructor Certification

Friday, September 24th, 2021
8:00am to 5:00pm

Rockstar Spinning® Instructor Certification

Saturday, September 25th, 2021
8:00am to 5:00pm

**SCHOLARSHIP TRADES
ARE AVAILABLE!**

**IF YOU WOULD LIKE TO
TEACH FOR THE SRC PLEASE
CONTACT KATHERINE AT
K.NELSON@SKAGWAY.ORG**

**REGISTRATION LINKS UNDER SPECIAL EVENTS
AT WWW.SKAGWAYRECREATION.ORG**

TEACHERS AND STUDENTS:

Personal Spinning® Threshold Test

Sunday, September 26th, 2021
8:00am to 12:00pm



Learn about the use of
POWER as it
relates to cycling and
perform your very own
Personal Spinning
Threshold test to utilize
zone specific instruction
and improve the
quality of your workouts!

Personal Spinning® Threshold (PST) is a marker that identifies an individual's aerobic ceiling. It's the highest level of exertion you can maintain before entering anaerobic metabolism

**STAY THE WHOLE DAY ON SUNDAY AND
EXPERIENCE ENGAGING CYCLING PROFILES
DOING LOOPS AND LADDERS AND LEARN
ABOUT THE IMPORTANCE OF RECOVERY WITH
A RELAXING RECOVERY RIDE LED BY SABRINA**

Loops and Ladders

Sunday, September 26th, 2021
12:30pm to 2:30pm

The Art of Recovery

Sunday, September 26th, 2021
3:00pm to 5:00pm

**REGISTRATION LINKS UNDER SPECIAL EVENTS
AT WWW.SKAGWAYRECREATION.ORG**

WELCOME BACK TO LIVE CYCLING CLASSES!

Indoor cycling classes just never seem to grow old. In fact, they keep getting more fun and more motivating each year. Especially with the invention of the Peloton and Nordic Track interactive studio bikes that offer you classes from the comfort of home, a true saving grace for many during this Pandemic.

But let's face it, some of us are ready to start safely coming back to the gym again. It's been 18 months since we first shut down in March 2020 and routines have changed. Perhaps you purchased your own equipment or are hiking for exercise? That's great, but we really miss you and let's face it.... nothing beats the feeling of a live class with other people working together **IN PERSON!**

The benefits of an in person cycling class are substantial, especially if combined with other cardio and resistance workouts like FLEX and Pilates. Please, no more excuses because we are open and working safely under COVID-19 mitigation guidelines, and **WE REALLY MISS YOU!**

I strongly suggest you begin by taking the Personal Spinning Threshold (PST) Test workshop on Sunday, September 26 at 8am. If you cannot afford it, LET US KNOW and we can work together on supporting you via scholarship funding. This class is guaranteed to get you excited and motivated to ride!

We will have more classes on the schedule in October so once you complete this workshop you can pick and choose what works best with your schedule. Still hesitating? Keep reading!

Indoor cycling classes are infamously challenging, which means you're likely to see results, especially if you commit to regular classes. You can get your heart rate up and keep it up without putting too much stress on your joints and because you are in control you can work at your own level- backing off as needed. So don't feel intimidated, you can turn your resistance down, pedal slower, or stay seated. Using the different ZONES that are personalized for you once you take the PST test allow for this!

Cycling classes are also a great way to burn calories. Depending on the difficulty and duration

of the class, you can burn 400 to 600 calories per ride! But it's still a good idea to follow a healthy diet that includes plenty of lean protein, fruits and vegetables. In a 2010 Trusted Source study, indoor cycling coupled with a low-calorie diet was found to promote weight loss and raise HDL cholesterol levels. Total win-win.

And finally, indoor cycling is a total-body workout and works all of the major muscle groups. Here are seven areas you work and how you use them while you're cycling.

1. Core. Use your core to stabilize your body throughout the class, which helps to achieve overall balance, especially when you're standing.
2. Upper body. Use your upper body to support yourself on the bike. Some classes incorporate upper-body exercises using dumbbells or resistance bands.
3. Back. Maintain a strong, stable spine throughout the class, which will help to strengthen and tone your back muscles.
4. Glutes. Feel your glutes working with each pump, especially when you stand up from your seat, do an incline, or increase the resistance.
5. Quadriceps. Your quadriceps will be the main muscles used as you pedal and climb hills, leading to strong, toned legs.
6. Hamstrings. Cycling helps to strengthen and loosen your hamstrings, which lift the pedal up with each cycle and stabilize your joints.
7. Lower legs. You'll work your calves with each cycle, which helps to protect your ankles and feet while cycling and during everyday activities.

So really folks! No more excuses!!

The Skagway Recreation Center

PO Box 868 Skagway, AK 99840

907.983.2679 reccenter@skagway.org

www.skagwayrecreation.org

STAFF

Katherine J. Nelson, Director

k.nelson@skagway.org

Jeanne Tyson, Recreation Worker

j.tyson@skagway.org

Lisa Florit, Recreation Attendant

l.florit@skagway.org

ADVISORY BOARD MEMBERS

Mary Thole Jason Verhaeghe

Michelle Kennedy Cory Nelson

Courtney Ellingson

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