May-17
PFW*Plainsboro* Energy Zones

Energy Zones

E=Endurance 65-80% HR 80-110 RPM	I=Interval 65-92% HR 60-110 RPM	WATTS UP (W.U) Watts Testing Track the progress of your power output, cadence, heart rate and the effectiveness of your pedaling.	Cycle Intro & Set Up Get custom fit to our Keiser m3 bikes, learn cycle basics and get answers to your cycle questions!	Begin To Spin Learn the basics of indoor cycling. Proper bike set up and heart rate training will be introduced.	NEW to Keiser Bikes and the cycle program? Please arrive 10 minutes early to get set-up.
S=Strength 75-85% HR 60-80 RPM	RD=Race Day 80-92 % HR 60-110 RPM				

SPECIAL CLASSES

May 9th: Special Visual Ride (7:00pm).

May 10th: Silver Cycle; special class for this day only 30 minutes (10:45am).

May 29th: Memorial Day (9:30am).

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1 5:45am - I 5:30pm - I	**2** 9:30am - S 5:30pm - S 7:00pm - S	**3** 5:45am - E 9:30am - E 7:00pm - E	**4** 9:30am - I 5:30pm - I 7:00pm - I	**5** 5:45am - S 12:00pm - S 5:30pm - S *Cinco de Mayo Fiesta!*	**6** 7:30am - E 10:00am - E
7 8:30am - I 10:00am - I	**8** 5:45am - S 5:30pm - S	**9** 9:30am - E 5:30pm - E **7:00pm -E**	**10** 5:45am - I 9:30am - I **10:45am -I** 7:00pm - I	**11** 9:30am - S 5:30pm - S 7:00pm - S	**12** 5:45am - E 12:00pm - E 5:30pm - E	**13** 7:30am - I 10:00am - I
14 8:30am - S 10:00am - S *Happy Mother's Day*	**15** 5:45am - E 5:30pm - E	**16** 9:30am - I 5:30pm - I 7:00pm - I	**17** 5:45am - S 9:30am - S 7:00pm - S	**18** 9:30am - E 5:30pm - E 7:00pm - E	**19** 5:45am - I 12:00pm - I 5:30pm - I	**20** 7:30am - S 10:00am - S
21 8:30am - E 10:00am - E	**22** 5:45am - I 5:30pm - I	**23** 9:30am - S 5:30pm - S 7:00pm - S	**24** 5:45am - E 9:30am - E 7:00pm - E	**25** 9:30am - I 5:30pm - I 7:00pm - I	**26** 5:45am - S 12:00pm - S 5:30pm - S	**27** 7:30am - E 10:00am - E
28 8:30am - I 10:00am - I	**29** **9:30am -S** *PFWP HOURS:7am-1pm*	**30** 9:30am - E 5:30pm - E 7:00pm - E	**31** 5:45am - I 9:30am - I 7:00pm - I			