

January-18

PFW Princeton Energy Zones

Energy Zones

E=Endurance 65-80% HR 80-110 RPM	I=Interval 65-92% HR 60-110 RPM	S=Strength 75-85 % HR 60-80 RPM	Watts Testing Track the progress of your power output, cadence, heart rate and the effectiveness of your pedaling.	Begin To Spin Learn the basics of indoor cycling. Proper bike set up and heart rate training will be introduced.	NEW to the cycle program? Please arrive 10 minutes early to get set-up. Have a great ride!
RD=Race Day 80-92 % HR 60-110 RPM					

SPECIAL CLASSES

January 1st: Cycle Ride (9:15am); Hours 7-1:00pm; **HAPPY NEW YEAR.**

January 6th: Watts Profile (10:10am).

January 14th: Special Visual Ride (8:30am).

January 16th: Intro to Cycle (6:00pm) & January 18th: Intro to Cycle (11:15am).



Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1 9:15am - E	2 9:15am - I 7:00pm - I	3 5:30am - S 9:15am - S 6:30pm - S	4 9:15am - E 12:15pm - E 6:15pm - E	5 6:50am - I 9:15am - I	6 7:30am - S 9:00am - S 10:10am - S
7 8:30am - E 10:00am - E	8 5:30am - I 9:15am - I 6:00pm - I	9 9:15am - S 7:00pm - S	10 5:30am - E 9:15am - E 6:30pm - E	11 9:15am - I 12:15pm - I 6:15pm - I	12 6:50am - S 9:15am - S	13 7:30am - E 9:00am - E 10:10am - E
14 8:30am - I 10:00am - I	15 5:30am - S 9:15am - S 6:00pm - S	16 9:15am - E 6:00pm-Intro to Cycle 7:00pm - E	17 5:30am - I 9:15am - I 6:30pm - I	18 9:15am - S 11:15am-Intro to Cycle 12:15pm - S 6:15pm - S	19 6:50am - E 9:15am - E	20 7:30am - I 9:00am - I 10:10am - I
21 8:30am - S 10:00am - S	22 5:30am - E 9:15am - E 6:00pm - E	23 9:15am - I 7:00pm - I	24 5:30am - S 9:15am - S 6:30pm - S	25 9:15am - E 12:15pm - E 6:15pm - E	26 6:50am - I 9:15am - I	27 7:30am - S 9:00am - S 10:10am - S
28 8:30am - E 10:00am - E	29 5:30am - I 9:15am - I 6:00pm - I	30 9:15am - S 7:00pm - S	31 5:30am - E 9:15am - E 6:30pm - E			