



Schwinn® Cycling: If You Build It, They WILL Come

Looking for ways to ensure your riders get what they need each and every time they sit in the saddle? Look no further - come learn Schwinn's new and improved class design system that makes creating classes a cinch. How you decide what to do, what to say and what to play provides the framework for unforgettable class experiences for all members. But, class design shouldn't be stressful or time consuming for YOU! You'll leave with an easy to follow, turnkey system for selecting the best content, layering in mind/body elements and organizing music to bring it all together. Whether you are new to teaching indoor cycling or a long time cycling coach looking for new ideas, this session will fill your toolbox with practical tips you'll put to work right away!

The Approach

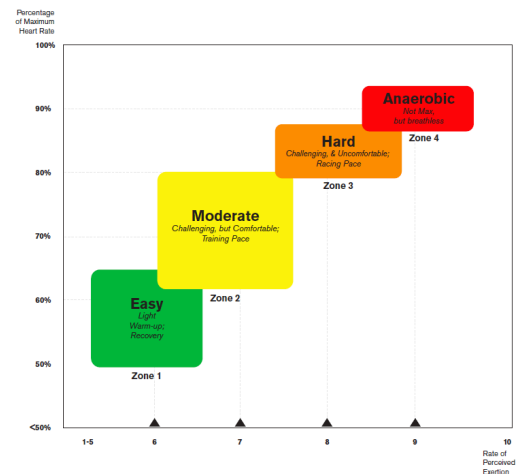
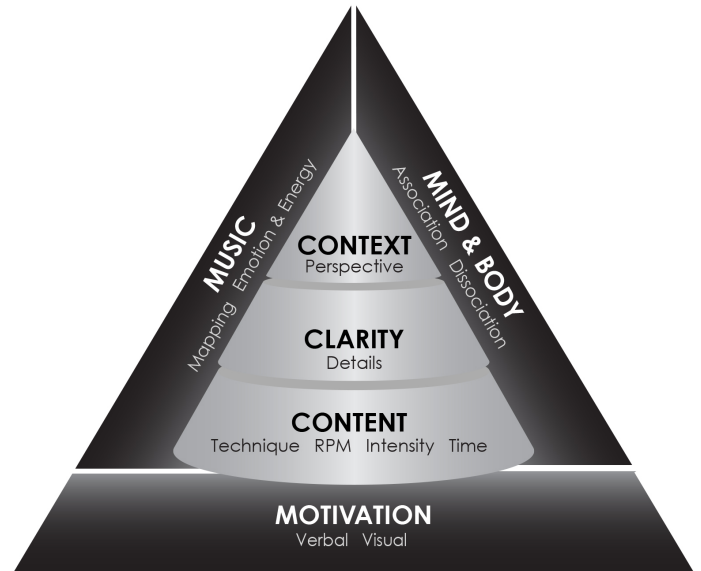
- Where can you start?
 - Music
 - Story
 - Intensity**
- How do you choose?
 - Content vs. Experience
 - Content & Experience

The Blueprint

1. Total Time
2. ÷ Into Stages
3. Stage Time (Total)
4. Time for Warm Up & Cool Down (placeholder, refine later)
5. ★ the Hardest Part(s)
6. Mix & Match Intensity Options
7. Create Timing (within stages)
8. Choose RPM & Technique(s)
9. Build Your 'Cues'
10. Find Your Tunes

The Tools

- Content
 - Intensity + Time Options
 - Technique + RPM Options
- Experience
 - Music
 - Mind/Body
 - Motivation



Tech	RPM	Options	
Sit	70-99 (60-109)	Range Limit Specific	Increase Decrease Hold
Stand	60-89 (50-99)	Range Limit Specific	Increase Decrease Hold

