

# Mega Spin

## The original and the Best

**Train SMART, Not HARD**

### **Your bike**

Learn to use your bike properly – learn how to select the right gear at all times and get maximum power out of every pedal stroke with correct pedal technique and posture.

### **Your body**

Learn how to get the most out of your body – using heart rate specific training to improve your performance and fitness.

### **Structured training**

Train smart, not hard – learn how to train at the right intensity, using the right intervals to boost your cycling performance.

**If you're time poor but want amazing results, Mega Spin will deliver**



### **Class options**

**Mega Spin** (Conditioning) classes emphasize technique and fitness with a focus on correct pedalling technique, posture, gear selection, and heart rate specific training. Mega Spin classes run for 1 hour and are suitable for everyone from beginner to Pro.

**Mega Spin ADVANCED** (Fitness) classes emphasize fitness through heart rate specific training. These classes are highly intensive and are suitable for advanced riders. You will need to have completed at least one block of Mega Spin before signing up to the Mega Spin Advanced Class. Mega Spin Advanced classes run for 1 hour.

**Mega Spin HOUR OF POWER** (Power Based Training) classes introduce power training for everyone. These classes are designed to boost fitness and performance through power based training, they are intensive and suited to intermediate to advanced riders. Mega Spin Hour of Power classes run for 1 hour.

**Mega Spin MEGA ADVANCED** (Power Based Training) classes are designed to boost fitness to the highest level. These classes are extremely intensive and suited to advanced riders only. Mega Spin Mega Advanced classes run for 1.5 hours.

There are six classes a week; one Mega Spin class, two Mega Spin Advanced classes, one Mega Spin Hour of Power and two Mega Spin Mega Advanced classes.

### **Class costs**

#### **1 hour classes (Mega Spin, Mega Spin Advanced & Mega Spin Hour of Power)**

8 Weeks \$200    16 Weeks \$360    24 Weeks \$500    32 Weeks \$650    40 Weeks \$800

#### **1.5 hour classes (Mega Spin Mega Advanced)**

8 Weeks \$300    16 Weeks \$540    24 Weeks \$700    32 Weeks \$950    40 Weeks \$1150

\* Discounts apply when booking and paying for multiple blocks at the same time

## Location

Mega Spin Studio @ Mega Bike, 187 Rundle Street, Adelaide

## 2018 Class Times

<b>Morning Classes</b>	Tuesday	<b>ADVANCED</b>	7.00 – 8.00 am
	Wednesday	<b>MEGA ADVANCED</b>	6.30 – 8.00 am
	Thursday	<b>HOUR OF POWER</b>	7.00 – 8.00 am
<b>Evening Classes</b>	Tuesday	<b>ADVANCED</b>	6.30 – 7.30 pm
	Wednesday	<b>MEGA ADVANCED</b>	6.15 – 7.45 pm
	Thursday	<b>SPIN</b>	6.30 – 7.30 pm

## 2018 Class Dates

<b>Block 1</b>	Tuesday	15 February – 3 April
	Wednesday	16 February – 4 April
	Thursday	17 February – 5 April
<b>Block 2</b>	Tuesday	17 April – 5 June
	Wednesday	18 April – 6 June
	Thursday	19 April – 7 June
<b>Block 3</b>	Tuesday	26 June – 14 August
	Wednesday	27 June - 15 August
	Thursday	28 June – 16 August
<b>Block 4</b>	Tuesday	28 August – 16 October
	Wednesday	29 August - 17 October
	Thursday	30 August – 18 October
<b>Block 5</b>	Tuesday	30 October – 18 December
	Wednesday	31 October – 19 December
	Thursday	1 November – 20 December

## What you'll need to bring

- Your fully functioning bike which will be fitted to our machines
- 2 bottles of water
- A towel
- A fully functioning heart rate monitor and cadence computer if you have one. You can borrow one of our heart rate monitors for the first class if necessary.

**Please Note:** We cannot set up your computer, fix mechanical issues with your bike or do a bike fit during Mega Spin. We'll happily help with any/all of these things if you call and make a booking during normal business hours.

Please make sure you arrive at least 15 minutes before the class starts so we can start on time; latecomers can disrupt the class.

## How to register

Download the Mega Spin Class Application form from the website, fill in your details, and fax, email or bring it in. Give us a call and we'll process your payment over the phone, or come in and we can register you in person. Alternatively you can sign up on our online store (<https://shop.megabike.com.au/>)