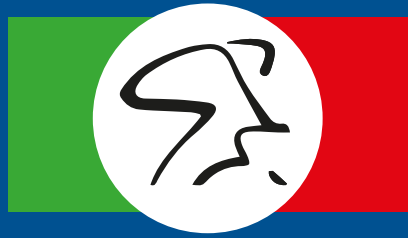


GIRO D'SPIN



8 TO 28 MAY 2017

In association with the Kent Sport Cycling Festival, we replicate the famous Giro D'Italia cycling race during May's spinning classes. Join in and you could be in with a chance of winning great prizes. Look out for detailed stage profiles and prizes online.

STAGE WINNER

A prize draw during every class for all participants to win Italian / cycling inspired prizes.

MAIN PRIZE DRAW

Every Giro D'Spin stage entry gets you a ticket in the main prize draw for a £100 cycling voucher or a terms Gold Kent Sport membership (three months).

KEY TO STAGES:

-  Endurance
-  Strength
-  Intervals

WEEK ONE

STAGE #1
MON 8 MAY
5.30PM

SARDINIAN SALUTÉ - instructor: Darius

Join us for the start of the Giro D'Spin and a mirror of the Giro D'Italia route around the magical island of Sardinia. This particular ride will cover three stages in one and see us tackling some big hills along the way. The reward for attending this inaugural class is triple entries into the Grand Prize Draw and one big "Salute" of Limoncello for one lucky winner!

STAGE PRIZES:
TRIPLE PRIZE DRAW ENTRY
LIMONCELLO

STAGE #2
WEDS 10 MAY
8AM

MONTAGNA DI FUOCO - instructor: Oli

The legs are going to burn on this express strength burst up the Volcano Mt Etna to 'Fire' inspired tracks from the past 40 years. You will have a very quick warm up to acclimatise before the 3,350m continuous climb commences.... be sure to pace yourself and not burnout too soon as the reward for making it to the top is hot!

STAGE PRIZE:
ITALIAN COFFEE

STAGE #3
WEDS 10 MAY
6.30PM

SICILIAN SCATTISTA - instructor: Olivia

Scattista's are quick burst riders, here we will focus on speed with quick bursts and short climbs. Our goal will be to peak the heart rate to its max, using intense, speedy, interval training with active recovery in between. Take the journey through the 3rd stage of the Giro D'Spin as edge our way through Sicily and up and across to the boot-toe of Italy.

STAGE PRIZE:
BIRA MORETTI (8)

STAGE #4
THURS 11 MAY
12.15PM

COSTA MURA - instructor: Mike

Here you will battle the elements along the Coastal Wall of southern Italy. There will be lots of short intense interval bursts as you try to get ahead of the pack. As well as the cadence intervals you should expect the odd short sharp climb as the route fluctuates along the coastal terrain, there will of course be a final flourish and a either a lone attack or group sprint to the finish line.

STAGE PRIZE:
2 X GULBENKIAN CINEMA
TICKETS

STAGE #5
FRI 12 MAY
6.30PM

BASILICATA BLAST - instructor: Laetitia

This stage will consist of an essentially flat endurance ride from Castrovillari to Alberobello through the picturesque Basilicata region of southern Italy. The stage will involve some brief inclines and climbing some switchbacks before heading into the final 15 minutes of gradual incline before the final fast descent to the finish line and the possibility of a Prosecco Prize.

STAGE PRIZE:
ITALIAN PROSECCO

STAGE #6
SUN 14 MAY
1PM

BLOCKHAUS BRUCIARE - instructor: Laetitia

The Giro now moves up Italy into the central mountainous area and the route will consist of several interval hill climbs starting ending with the intense climb up Blockhaus. The first 20 minutes will involve repeated hill climb intervals as the route goes up and down before a challenging intermediate sprint. The final climb will start past Roccamorice with an incremental climb that will reach maximum peak towards the end of the route to leave you in need of Sunday lunch!

STAGE PRIZE:
FITNESS TRAINING PACKAGE
(IFC, PROG, PT)