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
- Time trial

STAGE #7
MON 15 MAY
5.30PM
ROMA REVOLUTION - instructor: Darius
We’ve made it to the capital of Italy, and the base of the Roman Empire, this ride features a group time trial against the clock around the famous landmarks of Roma. With a high cadence throughout the TT will fly past the Colosseum and Roman Forum before a short fast flat to the Vatican and St Peter’s Basilica before a sharp climb to the top of the Spanish Steps – we will complete this Circuit twice building intensity on the second revolution!

STAGE PRIZES:
BIRRA MORETTI (8)

STAGE #8
WEDS 17 MAY
8AM
FIRENZE FURIO - instructor: Oli
Florence may be one of the most beautiful cities in the world, but this ride is far from romantic! As the race departs Florence (Firenze) this class simulates the first two hill climbs of the real Giro ‘Queen Stage’ regarded as the most difficult of the whole three week race. Both climbs rise to over 1000m and are sandwiched with some fast flats and descents either side – a furious 30 minutes!

STAGE PRIZE:
JERSEYS X 2
DOUBLE TICKET ENTRY INTO GRAND PRIZE DRAW

STAGE #9
WEDS 17 MAY
6.30PM
FUMAILO FURIO II - instructor: Olivia
The Queen Stage continues with two more challenging climbs on the route out of Firenze towards Bagno Di Forma Romagna. It’s all about strength in the legs as we first climb some small foothills in the shadow of Monte Fumaiolo which rises 1347m above sea level and will leave the legs burning for the rest of your evening. Maybe you are brave enough to take on both of today’s classes?

STAGE PRIZE:
CINEMA TICKETS

STAGE #10
THURS 18 MAY
12.15PM
GRUPPO RESISTENZA - instructors: Chris and Ben
Following the 13th stage of the Giro along the Po Valley from Reggio Emilia to Tortona, this completely flat stage is a chance to either rest your legs with some active recovery, or a chance to work on your aerobic power at higher RPM’s. This region is most famous for its parmesan cheese and excellent wines and a foody prize awaits the rider who travels the furthest during the class. With the added motivation of two Instructors (Ben and Chris) this group endurance stage is the perfect respite before we head to the strength sessions in the Alps.

STAGE PRIZE:
ITALIAN PROSECCO

STAGE #11
FRI 19 MAY
6.30PM
NICE VACANZA - instructor: Laetitia
Today the route crosses the border out of Italian territory for the first time and heads through the south of France for a short ‘Vacanza’ (vacation) in France. Starting at Reggio Emilia, the route involves a flat road through the entire Po Valley. This route will consist of intervals of speed acceleration and sprints before finishing with a straight flat road for the last five minutes. The potential reward for our short stay in France is a bottle of fine wine before returning to Italy.

STAGE PRIZE:
FRENCH WINE

STAGE #12
SUN 21 MAY
1PM
ACCEDERE IL ALPI - instructor: Laetitia
The final endurance profile before the big climbs commence. The route starts in Valdengo and will essentially consist of flat roads for the majority but as the Alps loom in the distance there will be two climbs (Miragolo San Salvatore and Selvino) followed by a long sprint descent. Today’s route bypasses Torino (Turin) and the home of the famous Martini brand which is the prize for today’s lucky prize draw winner, so work hard and maybe look forward to a refreshing reward at the end?!