

THE WHEELHOUSE

235 HANOVER STREET, HANOVER, MA 01930

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							Yoga for Athletes STAMINA RIDE (90)
8:45 AM							STAMINA RIDE (90)
9:00 AM						Progressive Cycling™	
9:30 AM					STAMINA RIDE (90) *		
12 NOON	Yoga for Athletes*						
5:30 PM		Yoga for Athletes*		Yoga for Athletes*			
6:30 PM		Progressive Cycling™	STAMINA RIDE (90)	Progressive Cycling™			

STAMINA RIDE: *Stamina* is staying power or enduring strength. The 90 minute Stamina Ride is designed to not only help you endure (hang in there), but to endure with power! Workout uses watts, heart rate, *Normalized Power™ (NP), Intensity Factor™ (IF), Training Stress Score™ (TSS) to create 90 minute workouts that optimize your training time. *Normalized Power™ (NP), Intensity Factor™ (IF), Training Stress Score™ (TSS) are trademark metrics of TrainingPeaks.

PROGRESSIVE CYCLING™: Just a few short years ago, watts-based training was the exclusive domain of professional cyclists and triathletes. However, that is no longer the case, and watts-based training is becoming increasingly accessible and popular among age-group athletes. The patented Progressive Cycling™ program offers indoor cycling sessions that progress at a level that is both individualized and challenging. Using YOUR power threshold each workout is measurable and you progress at your rate – not someone else’s.

Progressive Cycling™ can be purchased per ‘phase’ and the Stamina Rides, Personal Training, Normatec Recovery Boot Rental and Yoga classes are available as drop-in or multi-use passes.

*These classes start November 29th.