

1x slot

8

Get to the Studio Early. Give yourself 10-15 minutes before class starts to familiarize yourself with the studio and your bike. ...

2

Wear Breathable Clothing. ...

3

Consider Your Footwear Options. ...

4

Bring Plenty of Water. ...

5

Eat a Small Meal Prior. ...

6

Pace Yourself. ...

7

Try Adjusting the Resistance Knob. ...

8

Check Your Posture.

8 Tips Before Your First Spin Class | Gateway Region YMCA Blog

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