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<div class="hwc kCrYT" style="padding-bottom:12px;padding-top:0px"><div><div><div><div></div><h2><div>Spinning Class Tips</div></h2></div><div></div><div></div><div></div><div><div><div>1</div></div><div><div>Get to the Studio Early. Give yourself 10-15 minutes before class starts to familiarize yourself with the studio and your bike. ... </div></div></div></div></div><div></div><div><div><div><div><div><div><div>2</div></div><div><div>Wear Breathable Clothing. ... </div></div></div></div><div></div><div><div><div><div><div><div><div>3</div></div><div><div>Consider Your Footwear Options. ... </div></div></div></div><div><div><div><div><div>4</div></div><div><div>Bring Plenty of Water </div></div></div></div><div></div><div><div><div><div><div><div>5</div></div><div><div>Eat a Small Meal Prior. ... </div></div></div></div><div></div><div><div><div><div><div><div><div>6</div></div><div><div>Pace Yourself. ... </div></div></div></div><div></div><div><div><div><div><div><div><div>7</div></div><div><div>Try Adjusting the Resistance Knob. ... </div></div></div></div><div></div><div><div><div><div><div><div>8</div></div><div><div>Check Your Posture.</div></div></div></div><div><div><div><a data-ved="2ahUKEwjHksPMhsyDAXUrIQIHQffDukQFnoECAEQBg" href="{href}">8 Tips Before Your First Spin Class | Gateway Region YMCA Blog <a data-ved="2ahUKEwiHksPMhsyDAXUrIQIHQffDukQlqUEeqQIARAH" href="{href}"><