



**St Paul's**  
Catholic High School



# Spinning

## into the Community

**FREE Spinning Classes Every Saturday Morning**



**We are offering 2 FREE morning classes held at St.Paul's Catholic High School.**

**Class 1 - 9.30am - 10.15am    Class 2 - 10.30am - 11.15am**

**Email: [spinning@st-paulshigh.net](mailto:spinning@st-paulshigh.net) to book onto a class.**

**(Age 18 and over).**



**Classes will take place in the sports hall and are limited to 30 places. Riders will face a challenging, exhilarating and fun workout with our inspiring certified spinning instructor. *Enjoy the ride!***

## Benefits of Spinning:

- Improves your cardio for a healthy heart
- Builds lean muscle
- Set your own pace
- Be part of a community
- An average spin class burns 600 calories
- Enjoy the Ride!!

### RPE CHART RATE OF PERCEIVED EXERTION

10	<b>MAX EFFORT ACTIVITY</b> Feels almost impossible to keep going. Completely out of breath/unable to talk.
9	<b>VERY HARD ACTIVITY</b> Very difficult to maintain exercise intensity. Can barely breathe and speak a single word.
7-8	<b>VIGOROUS ACTIVITY</b> On the verge of becoming uncomfortable. Must breathe and speak a sentence.
4-6	<b>MODERATE ACTIVITY</b> Feels like you can exercise for hours. Breathing heavily but can hold a short conversation.
2-3	<b>LIGHT ACTIVITY</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	<b>VERY LIGHT ACTIVITY</b> Anything other than exercising. e.g., Watching TV, riding in a car.

**Please email: [spinning@st-paulshigh.net](mailto:spinning@st-paulshigh.net) stating the date and time of the class you wish to book onto. (Please note places released a week in advance).**