



**FIND YOUR**  
**FTP**  
**FUNCTIONAL THRESHOLD POWER**

**GET THE MOST OUT OF YOUR SPIN CLASS! LEARN PROPER BIKE SET UP, HOW TO READ THE BIKE COMPUTERS, AND PERSONALIZE YOUR WORKOUT WITH COLORS!**

STOP BY ONE OF THE BELOW TIMES TO TAKE OUR QUICK FTP TEST, WHERE YOU WILL THEN RECEIVE YOUR FTP NUMBER AND INDIVIDUALIZED, COLORED POWER ZONES THAT ARE SET SPECIFICALLY TO YOUR OWN FITNESS LEVEL! NO MATTER WHAT YOUR FITNESS LEVEL IS, EVERYONE FINISHES FIRST WHEN USING FTP!

**ARFC SOUTH SPIN STUDIO • 30 MINUTES • FREE FOR ALL MEMEBERS**

• BEST RESULTS WILL BE ACHIEVED WHEN COMING INTO THE SESSION WITHOUT A PRIOR WORKOUT •

**MONDAY, AUGUST 7 @ 11:30 AM**

**TUESDAY, AUGUST 8 @ 9:00 AM**

**THURSDAY, AUGUST 10 @ 5:30 PM**

**SATURDAY, AUGUST 12 @ 9:30 AM**

**THURSDAY, AUGUST 17 @ 6:00 AM**

**SUNDAY, AUGUST 20 @ 11:30 AM**