



H.R. OWEN MASERATI

present

myride +
STUDIO

ST GEORGE'S HILL
LAWN TENNIS CLUB

Virtually, everything is possible

Take indoor cycling to the next level



THE MYRIDE®+ STUDIO AT ST GEORGE'S

Tour the World with Myride®+ at your Club in the Myride®+ Studio. Imagine cycling some jaw dropping sceneries from terrain in the canyons to urban streetscapes. Not only this they'll also be classes with a Myride®+ instructor to take you on a ride like never before, synced with pulse-pounding music. You'll be able to follow your instructor across the world's most breath taking and challenging roads, forests, mountains and even volcanoes. It's "Die Hard" action, but YOU create the action – and burn hundreds of calories in the process. There will be a variety of class type and duration available and with around 10 a day there'll be a class for everyone.

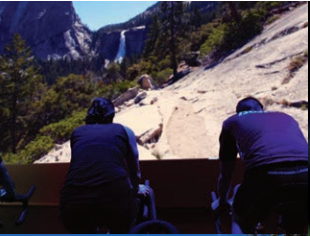
MYRIDE®+ BENEFITS

Of course Myride®+ offers all the cardiovascular and conditioning results you'd expect from a top-notch, indoor cycling program: a stronger and healthier heart, improved blood flow and oxygen

transport, leg and core strength, body tone, a faster metabolism and increased energy. But what's unique about Myride®+ are the enhanced sensation of forward motion and speed, the experience of riding a real bike, the eye-catching videography of stunning world locations, the involvement of your senses that takes you far beyond guided imagery. With these visual enhancements, you'll work harder as you actually sense the road or trail moving under and past you.

FIT ASSESSMENT (FTP)








The goal of a fit assessment is to get a snapshot of your current level of fitness, your FTP (Functional Threshold Power). You will need to know your FTP to use the advanced settings in any Myride® class. FTP represents the workload above which an individual cannot sustain prolonged exercise. St George's Members can attend a FTP instructor-led class (up to 40 minutes) to find your optimum power. They will be available at all times and we advise Members have a Fit Assessment at least once a month.





COACH BY COLOUR® SYSTEM

Coach By Colour® is one of the world's most intuitive and effective forms of communication to help members receive a greater experience and achieve better fitness results in less time. The bikes have five coloured training zones: white, blue, green, yellow and red to accurately coach a member's effort during a workout. These zones are linked to Functional Threshold Power (FTP). Once an individual's FTP is known, users are assigned the five coloured zones to accurately coach their effort for the best customized results. Having a Fitness Assessment will determine your FTP.

	Training Zone	%FTP	% Max HR	RPE	Time in Zone
	Neuromuscular Power	>150%	>100%	Maximal	5 - 10 seconds
	Anaerobic Capacity	106 - 150%	90 - 100%	Maximal	1 - 10 min
	VO2Max	91-105%	80 - 90%	Hard	10-60 min
	Lactate Threshold	91 - 105%	80 - 90%	Hard	10 - 60 min
	Tempo	76 - 90%	70 - 80%	Moderate	3 - 8 hrs
	Endurance	56 - 75%	60 - 70%	Light	3 hrs - wks
	Active Recovery	< 55%	<60%	Very Light	Infinity

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 - 6.45 Virtual Coach FAST CLASS			6.30 - 7.30 Virtual Coach CLASS			
8.40 - 9.30 Virtual Coach CLASS		8.30 - 9.15 Studio Cycling with Cameran	8.40 - 9.30 Studio Cycling with Daren	8.40 - 9.30 Virtual Coach CLASS	8.00 - 8.45 Spin Circuit with Jenna	8.15 - 8.45 Virtual Coach FAST CLASS
9.40 - 10.30 Tour Class CLASS	9.40 - 10.30 Virtual Coach CLASS	9.40 - 10.30 Tour Class CLASS	9.40 - 10.30 Virtual Coach CLASS	9.45 - 10.30 Coach by Colour 45 mins with Gym Team	9.15 - 10.00 Studio Cycling with Billy	9.00 - 9.45 Studio Cycling with Daren
10.40 - 11.30 Tour Class CLASS	10.40 - 11.30 Virtual Coach CLASS	10.40 - 11.10 Tour Class FAST CLASS	10.40 - 11.30 Virtual Coach CLASS	10.40 - 11.30 Tour Class CLASS	10.00 - 10.50 Tour Class CLASS	10.00 - 10.50 Virtual Coach CLASS
		11.30 - 12.15 Studio Cycling with Cameran				
12.15 - 12.45 Tour Class FAST CLASS	12.45 - 1.00 Virtual Coach HIIT Drills		12.15 - 12.30 Virtual Coach HIIT Drills	12.15 - 12.45 Tour Class FAST CLASS	12.15 - 12.45 Virtual Coach FAST CLASS	
17.30 - 17.45 Virtual Coach HIIT Drills	17.00 - 17.50 Virtual Coach CLASS	17.00 - 17.50 Tour Class CLASS		17.00 - 17.50 Tour Class CLASS	17.00 - 17.50 Tour Class CLASS	17.00 - 17.50 Virtual Coach CLASS
	18.00 - 18.50 Tour Class CLASS	18.00 - 18.50 Virtual Coach CLASS	18.00 - 18.45 Coach by Colour 45 mins with Gym Team	18.00 - 18.45 Studio Cycling with Sam		
19.00 - 19.45 Studio Cycling with Cameran	19.15 - 20.00 Coach by Colour 45 mins with Gym Team	19.00 - 19.50 Virtual Coach CLASS	19.00 - 19.45 Tour Class CLASS	19.00 - 19.30 Virtual Coach FAST CLASS		
20.15 - 20.45 Tour Class FAST CLASS	20.15 - 20.45 Virtual Coach FAST CLASS	20.15 - 20.45 Tour Class FAST CLASS	20.15 - 20.45 Virtual Coach FAST CLASS			

All classes will start promptly. Members are advised to arrive 10 minutes prior to set up their bikes.

CLASS DESCRIPTION

MYRIDE®+ TOUR CLASS Terrain-focused footage from all over the world paired with chart-quality music and world-class voice-over coaching delivers fun yet fierce workouts. The exclusive, speed interacting scenery is stunning.

STUDIO CYCLING 45 minute instructor led class without the Myride®+ virtual imagery.

MYRIDE VIRTUAL COACH The on-screen coach gives you a workout to deliver results. Riding to world-class instruction and chart-quality music you will get fitter, faster and stronger.

COACH BY COLOUR Optimize your returns and reach your goals faster with a 5 coloured-coded group cycling session in the studio. A new colourful era for your individual training, making it simple and fun to add power to classes.

CLASS INTENSITY

DRILLS 15 minute High Intensity Interval Training (HIIT) workouts to maximise your results while reducing training time. Drills exclude warming up and cooling down so we advise adding 5 minutes either side to do this.

FAST CLASS 30 minute ride with guidance

CLASS 50 minute ride with guidance

MY ZONE

Myride®+ links with MyZone, which is a fantastic way to keep on top of your workout! The use of MyZone can monitor your heart rate, work out time, optimum levels of activity for your workout goals incorporating matching colour zones for MyZone and Myride®+.



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ST GEORGE'S HILL
LAWN TENNIS CLUB

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