(Spin) Class is in Session!

First time trying this popular exercise class? Ace it with these tips!

**Before you go**
- Reserve a spot—they fill up quick! Classes are usually 45-minute sweat sessions.
- Skip the loose track pants. The extra fabric will flap around and get in your way. Choose shorts or tights instead, and opt for moisture-wicking fabrics.
- Some places require you to wear cycling shoes, but many spin classes have bikes with cages on them, so you can just wear your normal athletic shoes.
- The key to staying hydrated during class is to hydrate before class, so drink up!

**In class**
- Sit near the front of the room! Then you won’t get distracted by other cyclists, and you can see what the instructor is doing up close and follow their rhythm.
- Adjust your seat and your handlebars for a height that right for you. Your leg should not be completely stretched out at the bottom of the cycle—there should be a slight bend. Ask the instructor how to adjust the stationary bike.
- Expect a vigorous workout! If you’re really hurting, dial the intensity back again.
- Bonus assignment: Keep a hand towel with you, to wipe off sweat. Drape it across the handlebars for easy access!

**Images:** https://dreamsrecycled.com/alcohol-drugs-and-spin-class/