



EDEN

Presented by Cat Booker
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OVERVIEW

Interval Energy Zone® (Extended Aerobic Intervals)

A definition of paradise is “the place where harmony lives and breathes.”

The ride ‘Eden’ is a physical and mental discovery of contrast and comparison that leads you to a state of harmony that you seek out with Spinning® as your path. The sense of thought in this ride is: “What If We Could Start Again?” No matter where you are, you can start again. Redefine and rediscover your harmony.

The ride’s music is eclectic and abounds with different states in intensity. This ride is YOU, as a part of a pack of riders who become your tribe on this journey.

OBJECTIVES

- To experience a variable interval ride changing riding positions in flow with the music as one of your guides.
- Be honest with the resistance and ride most true to your skill and the intensity that is set ahead of you.

SUMMARY

A ride that is as introspective as bonding with your own voice and the support of the tribe around you.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**