**Commit to Fit**

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**Spinning to Health**

Muscle builds as wheel cycles

Loud music, low lights, and an instructor yelling commands might not seem too appealing as an exercise option, but spin classes all over the country are becoming more and more popular. Approximately $43 million annually is spent on indoor cycling classes in America as many celebrities such as Selena Gomez, Demi Lavato, and even Oprah have joined the cycling bandwagon.

Cycling classes like the uber popular Soul Cycle claim to burn anywhere from 500 to 700 calories, while some “less intense” classes can burn from 200-600 calories within an hour or an hour and a half class.

Classes are usually at cool temperatures with a loud very prominent beat in the hip hop or dance music. The classes are filled with energy as the members partake in dance motions with their arms while using the different resistance levels on the bikes. Small handheld weights are also sometimes used to increase the workout’s difficulty.

Instructors are specially trained to assist the people riding. At the beginning of each class, the instructor walks around and makes sure that any new people are fully aware of the proper alignment of the bike, how to operate the resistance, and anything else the instructor thinks is pertinent.

Proper alignment is very important in cycling, because if you are too low, or the seat is too far back, this can severely damage the muscles. When aligning the feet and the hips, the seat should be at hip height and when sitting the seat should be far enough forward so the feet can be directly over the pedals.

There are many places in Spartanburg to try this class, like One on One Fitness (near Fuddruckers), the YMCA, and also the Spartanburg Athletic Club.