Spin Your Wheels

Guinea Pig Experiment #8: Spynga

The problem:
My reluctance to try spinning.

Hypothesis:
If I do spynga, then I can conquer my fear of spinning and burn many calories in an hour.

Variables:
I'm really short and sometimes it's difficult for us shorties to spin on big-people bikes; therefore, my crotch hurt while I spun.

Procedure:
Because spynga is a new phenomenon, created by Toronto natives Sari Nisker and Casey Schacter, and there's only one place in Canada that offers the class for now, the class was filled with media fashionistas looking for a new workout high. Go to class equipped with a yoga mat, a towel, and a pedicure.

We biked to some great music for 25 minutes and did yoga for the remaining 25 minutes of the class. The studio was Zen, void of mirrors (thank goodness! No one needs to see that) to encourage inward focussing and Sari and Casey were both incredibly laid back and friendly. It was a great way to meditate while working out.

The yoga was a great compliment to the spinning. Since our heart rates were still up, we burned more calories than one would normally burn at a yoga class. It was sort of like extreme yoga. Sources say that you'll burn 500 calories in an hour.

Analysis:
The next day, my hamstrings, my quads, and my biceps hurt. My shoulders also hurt, but I think it's because I tighten my shoulders during exercise. The spinning portion of the class was tough, but I liked that I could control my bike and how fast I was going. I pushed myself to my absolute limit and that felt great.

After the class, I was an utter energy ball. I felt relaxed and energized and ready to tackle the rest of the day. Friends thought I'd just had a cup of coffee, but I was caffeine-free.

Conclusion:
Spynga was pretty awesome. I'd do it again and would even consider making it a regular

part of my workout routine. The atmosphere of the studio was laid back and I got a great workout. It’s great for beginners and spinning/yoga experts because you can set your own pace. Check it out if you can.

The first class is $12 and single classes are $17. You can buy packages at discounted rates.