

# dicas hoje bet365

[Spinning Class Tips](#)

- Get to the Studio Early. Give yourself 10-15 minutes before class starts to familiarize yourself with the studio and your bike. ...
- Wear Breathable Clothing. ...
- Consider Your Footwear Options. ...
- Bring Plenty of Water. ...
- Eat a Small Meal Prior. ...
- Try Adjusting the Resistance Knob. ...
- Pace Yourself. ...
- Check Your Posture.

8 Tips Before Your First Spin Class | Gateway Region YMCA Blog