



DJ You
Presented by Joe Dugan
joseph.dugan@ms.com
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Learn How to Put it All Together

Create a Profile

- Decide on the Energy Zone(s)[™]
 - Create the journey in your mind
 - Decide upon the intensity
- Think about the participants
 - Levels to communicate
 - Language to use

Match the Music

- Music must fit
 - “The perfect Spinning® song is one that inspires you in all the movements”—Johnny G
 - Big rhythm for big hills
 - Emotional power when power is required
 - Driving guitar or drums for the flats
- Bring the music together so that it flows
 - Avoid extreme changes in mood or pace
- Have a beginning, middle and end

Take a Ride by yourself

- Hop on your road bike, a Spinner® bike, in your car, take a run
 - Just listen with your profile in mind
 - Does it make sense to you?
- Go back and tweak things to make it just right and listen again
 - Fast forward, but pay special attention to the transitions
- You will know when it is right

You Are Ready for Your Class

- Know that you are prepared
 - This will allow you to relax
- Know your game plan
 - Your profile
 - Your music
- Now, be ready to expect anything
 - Be willing to modify your plan mid-class
 - Go with the energy of the class
 - Find the pockets of energy
 1. There are those riders who cause ripples of energy—help facilitate and amplify it
 2. Think of a pebble dropped in calm water: try to cause the resulting ripples to become genuine waves by the time they hit shore
- Resulting classes will be completely different even with the same profile with the same music
 - Interact with your riders
 - Listen
 - Watch
 - Feel
- Because you are prepared, you will be relaxed and sensitive to the riders (in the zone)
 - Move around the room, ride as well
 - Ride along with the class, but spend plenty of time coaching off of your Spinner bike

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