



Profile Design or Music First?

Presented by Rex Chen

rexchen@o2fitness.com.tw

Friday, May 30, 2008 11:00 AM–12:00 PM

“Spinning should be shallow but deep, deep yet shallow.”—Johnny G

**Session Objectives:**

- Understand the Ying and Yang of Class Design

**Periodization and Fixed Schedule**

**Profile Based and Hr Based**

**Song By Song and Time Line**

**Ride and Lesson**

**Mind and Body**

**Cueing Music and Talking Music**

**Complex Profile and Flow Profile**

**Execution and Communication**

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