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ng Scene Is So</p>

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/div><h2><div>Spinning Class Tips</spa

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div><div><div><div><div>1</div><

/span></div><div><div>Get to the Studio Early.

Give yourself 10-15 minutes before class starts to familiarize yourself with the

studio and your bike. ... </div></div></div><

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div><div>2</div></div><div><div>&

lt;span><div>Wear Breathable Clothing. ... </div><

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lt;div><div><div><div>3</div>

</div><div><div>Consider Your Footwear Options. .

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ing Plenty of Water. ... </div></div></div></d

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span><div>Eat a Small Meal Prior. ... </div></di

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/div><div><div>Pace Yourself. ... </div></s

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lt;/span></div><div><div>Try Adjusting the Resis

tance Knob. ... </div></div></div></div>&