



GROUP  
**RIDE®**



# CHANGE IS COMING!

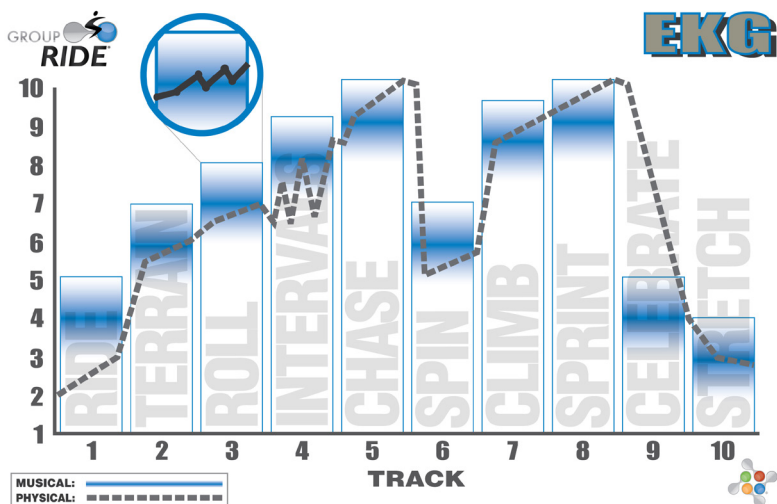
Change is coming to Group Ride! Beginning with the APR13 release, Group Ride now has 10 tracks instead of 9 tracks. At BTS, our goal is always to get more people moving, so we develop group fitness programs to continuously expand member participation. In order to create the most enticing experience possible, BTS programs are constantly evolving. This handout highlights recent improvements to Group Ride. Be sure to watch the Teaching Targets in the APR13 release for additional explanations about these upgrades to Group Ride.

## WHY THE CHANGE?

The new Group Ride format increases the amount of working time and adds more contrast among tracks. Through program development, testing, and quarterly surveys, BTS determined that one more working track in Group Ride would improve the class experience for participants. In order to add a track and keep the entire experience within the one-hour time frame, several other tracks were shortened. With less time in each of 10 tracks, the overall workout has more track variety and musical contrast. The 10-track format delivers a more enjoyable and effective Group Ride experience.

## WHAT ARE THE CHANGES?

The major change is the addition of a 10th track called Sprint. This new track appears after the Climb track and is now the final working track of Group Ride. It is similar in pace and energy to the Chase track, but Sprint is shorter in overall length, has shorter working sections within the track, and has a slightly faster tempo. The musical energy of Sprint creates the emotional and physical energy that ends the workout on a high.



The addition of the Sprint track does not lengthen the overall Group Ride class experience. The class is still completed in the same one-hour timeframe. In order to finish in the same time, however, several of the other tracks were shortened to create an experience that feels more successful as time “flies by.” You will notice the following changes:

1. **The 10-track format feels more comfortable – not to be confused with easier.** The ride is generally more comfortable for one simple reason – you are not doing any one thing for too long. The shorter tracks end just when you physically and psychologically have had enough of that track.
2. **The 10-track format is a more consistent cardio experience from beginning to end, as opposed to peaking earlier in the release.** The ride is not as exhausting up front because the earlier tracks do not last as long. This change gives participants a more complete workout because the legs are not as fatigued in the final two working tracks. Participants still have enough energy to reach a final physical peak through Climb and Sprint.

- 3. There is more contrast within a 10-track release, both physically and musically.** By shortening songs in order to add another track, Group Ride now has more contrast and “texture.” Even though our music selection process has not changed, participants may enjoy the music more than before because no one song lasts too long. This keeps the class both mentally and physically engaging.

## FAQS

### **Is the 10-track format longer than the 9-track format?**

Group Ride still easily fits in a one-hour time slot on your schedule. You may notice that the releases are slightly longer now, but overall the length of music time in Group Ride is still approximately 52 minutes. We have adjusted the lengths of several of the individual tracks so that the 10-track format is completed in roughly the same timeframe as the previous 9-track format.

### **How do I explain the change to my participants?**

You will want to highlight the differences and the benefits for your participants. Consider including the following:

- We have added a “Sprint” to the finish line. It is a short, quick track to ensure that the class finishes on a physical and emotional high. Participants should not worry about being too fatigued to complete the last track because they will have more energy when they get to Sprint, due to the shorter tracks earlier in the class.
- The class is not longer. The tracks have all been shortened slightly to make room for the new final working track. The shorter individual tracks make the hour feel like it “flies by” even quicker.
- Participants should experience the 10-track Group Ride a few times to become accustomed to the new format because it will feel different, especially if they take Group Ride often.

### **I am tired after Climb, so how am I going to make it through another track?**

Remember that several of the other tracks are now shorter. As a result, participants reach the end of each track, and particularly the Climb track, with less accumulated fatigue. Participants have just enough energy to “Sprint” to the finish. The energetic, fast-paced music of Sprint is designed to drive everyone to the highpoint of the class.

### **Which format should I use for my video assessment?**

You should use the release on which you were trained, exactly as it was presented in training.

### **Were any changes made to the Track Objectives?**

There have been modifications to the Track Objectives, as well as the overall Brand Architecture of Group Ride, based on the 10-track format change. These changes are highlighted in the following table:

Track Name	Track Objective
1. Ride	Warm up, increase heart rate, & introduce riding positions
2. Terrain	Increase workout intensity using various combinations of ride terrains
3. Roll	Gradually increase workout intensity by rolling over hills
4. Intervals	Improve fitness using interval training
5. Chase	Increase <b>muscular endurance &amp; reach first cardiovascular peak</b>
6. Spin	Reduce intensity after Chase & build endurance through speed training
7. Climb	<b>Begin final cardiovascular peak</b> by climbing the steepest climb
8. <b>Sprint</b>	<b>Reach final cardiovascular peak using high intensity training</b>
9. Celebrate	Recover by flushing legs & performing stress reversals
10. Stretch	Improve range of motion & aid muscular recovery

### Can I just add the Sprint track to past 9-track releases?

No, it would make the releases too long and too hard. Group Ride is designed to have broad appeal to a wide range of exerciser ability. The Sprint track only “fits” in a release when other tracks have been shortened.

### Can I create the 10-track format from the 9-track releases?

Yes, you can make a 10-track release using one of the past releases (prior to APR13). You may have noticed that there are four Bonus Tracks on the APR13 release rather than the usual two. The additional Bonus Tracks are included to assist you in creating the 10-track format using your 9-track releases. These Bonus Tracks are shorter Terrain and Spin tracks and additional Sprint tracks.

To create a 10-track release from a 9-track release:

- Replace the longer Terrain and the Spin tracks in the 9-track release with either one of the new Bonus Tracks or one of the Terrain or Spin tracks from a 10-track release.
- Add a Bonus Sprint track or one of the Sprint tracks from a 10-track release to create your new 10-track release.
- Here is an example:

Track Name	Song	Release
1. Ride	Brighter Than The Sun	JAN13
2. Terrain	Wild Ones	<b>JUL13 Re-edit Bonus</b>
3. Roll	Shake It Up	JAN13
4. Intervals	Sky Meets Bittersweet Symphony	JAN13
5. Chase	Not Afraid	JAN13
6. Spin	Somebody That I Used To Know	<b>JUL13 Re-edit Bonus</b>
7. Climb	Iron Man	JAN13
<b>8. Sprint</b>	<b>Bring Me To Life</b>	<b>APR13 Re-edit Bonus</b>
9. Celebrate	The Joker	JAN13
10. Stretch	I Won't Give Up	JAN13

- **Remember, do not simply add a Sprint track to a 9-track release because this creates a significant amount of additional intensity and lengthens the class beyond the consistent design of Group Ride.**
- It is also recommended that you do **not** mix songs from an older 9-track release into a 10-track release because the 9-track songs are usually longer and will extend the length of the class. If you choose to mix and match songs from an older 9-track release into a 10-track release, you should take care to choose songs that are of similar length to those of the new format.
- Note: The re-edited Bonus Tracks have not been re-filmed because the programming has not been altered significantly from the previous versions of the tracks. The re-edited tracks are typically just shorter by one section. The class footage will already be available on the prior releases from which the re-edited version is selected. If you are looking to purchase past releases, keep in mind that the re-edited Bonus Tracks will be selected from JUL12 through JAN13.
- Four Bonus Tracks will be available on the APR13, JUL13, and OCT13 Group Ride releases. Group Ride will return to the usual two Bonus Tracks with the JAN14 release.

### **Can I still teach the 9-track format?**

Yes, you can continue to use your past releases (from before APR13) as they are designed. They are still an effective workout and create the same high-quality experience as always; however, you will likely find that participants prefer the 10-track format after several classes.

**LET'S *MOVE!*** 