

4333: Stages® Cycling: Mixed Emotions-Music, Mixing and Indoor Cycling

Workshop Presented By: Javier Santin, Stages Indoor Cycling Master Educator

From the basics of mixing to bar counting to the different music software programs available, this workshop will give you the tools to produce a professional mix of hand-picked, hand-edited music that perfectly suits the mood, terrain, intensity and movements of your ride. Are you passionate about your music and looking to learn or improve your mixing skills? Join master educators Dennis Mellon and Javier Santin as they unveil the secrets of creating killer, purposeful playlists!

Music!

- Music: one of the few activities that involves the whole brain
- Intrinsic to all cultures

Benefits in:

- Language learning
- Memory improvement
- Attention and Focus
- Physical Coordination and Development

Musicality:

Sensitivity to, knowledge of, or talent for music

Two types:

Being able to perceive music (musical receptivity)

Being able to reproduce music as well as creating music (musical creativity)

Sound

- Particles vibrating creating a sound wave
- Air vibrates against eardrums, analyzed by our brain, registered as music, traffic, birds...

Beat

- A pulse of time
- Clock' second hand: ticks 60 times = 60 beats
- A clock running fast or slow = Tempo changes
- Measured in Beats Per Minute (BPM's)
- Downbeat - The Leading Beat
- 4/4 Time - Common Time
- 3/4 Time - Waltz
- 2/4 Time - March

In Fitness:

- 8 counts → 32 Counts = Phrase (Block)

What about in Indoor Cycling?

RHYTHM: A pattern of regular or irregular pulses in music

BEAT: A series of repeating, consistent pulsations of time that divide time into equal lengths

TEMPO: The rate or speed of the beat

NOTE: A notation that tells the performer how long and how often to play a certain musical pitch within the beat

The Use of Music

To Create the Terrain

BPM

- The Son of Flynn (Moby Remix) - Daft Punk (Flat Road)
- Gebrünn Gebrünn - Paul Kalkbrenner (Hill)

Music's Feel

- Fire in the Sky (Stoneface & Terminal Remix) - Våda (Flat Road)
- See what I've become - Zack Hempsey (Hill)

To Trigger an Emotional Response

- BPM: Abstract - Orpheus
- Music's Feel: Manju - E.S. Posthumus

To Create a specific Cadence

- BPM: Guardian Angel (Dino Paras Remix) - Juno Reactor (65BPM Climb)
- Music's Feel? Mosane - E.S. Posthumus

As a Motivational Tool

- BPM: Drum Clock - Freddy Viatto
- Music's Feel: Birthright (Instrumental) - Celldweller
- Lyrics: Lose Yourself (Soundtrack Version) - Eminem

Harmonic Mixing

- Harmonic Mixing can be used to create a sense of "Flow"
- When two, or multiple, songs are harmonically mixed they flow together as if they are one song. This is helpful when creating an emotional response or a mood for your class or interval sets.
- Using songs that are not harmonically compatible or are dissonant can help signal a significant change in position, energy or intensity.

Spotify Playlist Link: <http://sptfy.com/1L7F>

REMEMBER: IT'S NOT ABOUT WHAT YOU LIKE, IT'S ABOUT WHAT WORKS!

Music Genres

- ELECTRONIC
 - Trance
 - House & Deep House
 - Progressive
 - EDM
- ROCK
 - Classic, Hard Rock, Metal, Symphonic
- POP - TOP 40's
- RAP/HIP HOP
- COUNTRY
- JAZZ / SWING
- WORLD MUSIC - ORGANIC RHYTHMS
- CLASSICAL

The Tools

PLAYLIST BASED

- iTunes
- Spotify
- Beats Music
- Rhapsody

MIXING SOFTWARE BASED

- MixMeister
- Garage Band (Mac Only)
- Mixed in Key / Mixed in Key Mashup
- Acid 4.0
- Audacity