



Spin Class Schedule

Jan-Mar 2012

M	T	W	TH	F	SA	SU
	8:30AM Spin Martha		8:30AM Spin Martha		8:10 AM (45m) Spin Brenda	
	★ 9:30 AM (45m) Spin Martha				9:00 AM (45m) Beginner Spin Brenda	
4:00PM Spin Kyle		4:00PM Spin Kyle				
	6:00PM Spin Gloria		6:00PM Spin Gloria			

Class Descriptions

Spin

This stationary cycle workout is designed to simulate outdoor biking while improving aerobic & muscular endurance!

Beginner Spin

Get a great aerobic workout while learning the basics of spin at a lower intensity. Great for those who are just starting out.

*Please note: Class times are 60 minutes unless stated otherwise on the schedule.
Instructors and Classes are subject to change.*

★ *Denotes newly added classes or classes that have been modified.*