

# Spin Class/Rock Steady Boxing Schedule

## JANUARY - MARCH 2020

### SPIN ROOM: UPSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 a.m. Group Ride – JEN	5:30 a.m.(30m) R30 – DAVID	5:30 a.m. Group Ride – DAVID			
*8:30 a.m. (45m) Spin – JANICE		*8:00 a.m. Spin -- JANICE	*8:30 a.m. (45 m) Spin -- JANICE		8:15 a.m.(45m) Spin – BRENDA	
					9:15 a.m.(45m) Beginner Spin – BRENDA	
	*9:30 a.m. HITT & Spin -- MARTHA			9:30 a.m.(45m) Spin – JANICE		
		5 p.m.(30m) R30 – JEN	5 p.m.(30m) R30 – JEN			
6 p.m.(45m) Spin – BRENDA	6 p.m.(45m) Spin – JOHN		6 p.m.(45m) Spin – JOHN			

### ROCK STEADY BOXING ROOM: UPSTAIRS (Special Clearance Required)

	Rock Steady Boxing 12:30 (90min) IRVING/MARYANN		Rock Steady Boxing 12:30 (90min) IRVING/DANIELLE		Rock Steady Boxing 12:30 (90min) IRVING/NAUSHEEN	

**Beginner Spin:** Beginner Spin offers a great aerobic workout while you learn the basics of spin at a lower intensity. Great for those just starting out!

**Group Ride:** Group Ride is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. RIDE ON!

**HIIT N' Spin:** This is not just a 60-minute spin class...this is High Intensity Interval Training! You will enhance your overall spin workout by improving endurance and building strength. \*\*No spin shoes are needed. Weights and bands will be provided for the strength training.

**R30:** R30 will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! EVERYONE FINISHES FIRST!

**Spin:** This stationary cycle workout is designed to simulate outdoor biking while improving aerobic and muscular endurance!

**Rock Steady Boxing:** Fight back against Parkinson's with this 90 minute workout that focuses on balance, core, and boxing techniques (**Paid class**)

Monday – Friday  
4:45 a.m. – 10 p.m.

Saturday  
8 a.m. – 6 p.m.

Sunday  
8 a.m. – 6 p.m.

**WELLSTAR**  
Health Place