

# Spin Class Schedule

# JULY - SEPTEMBER 2019

FOR QUESTIONS PLEASE CALL 770-793-7300

## 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			
					8:15 a.m.(45m) Spin – BRENDA	
					9:15 a.m.(45m) Beginner Spin – BRENDA	
		* 9:45 a.m. Spin – JANICE		* 9:45 a.m.(30m) Spin – JANICE		
* 10:35 a.m.(30m) HIIT N' Spin – JESSICA F.			10:35 a.m.(30m) Spin – JESSICA F.			
		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			

## SPIN

**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!

Monday – Friday  
4:45 a.m. – 10 p.m.

Saturday  
8 a.m. – 6 p.m.

Sunday  
8 a.m. – 6 p.m.

**WELLSTAR**<sup>®</sup>  
Health Place

**Please note:** Class times are 60 minutes unless otherwise noted. Instructors and classes are subject to change.

\* Denotes newly added or modified classes.