

January 2009 Spinning Schedule

Register at the front desk
30 minutes before class and pick up a
number.

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Spinning Jean		Spinning Stacey		Spinning Sue		
8:30am						Ride 'n' Lift Nicole	
8:45am					Spinning Stacey/Jean		
9:00am		Spinning/Abs Stacey		Spinning/Abs Julie S.			
9:15am	Rookie Rotations Brenda						
9:30am						Spinning Rotation	
10:30am							Spinning Rotation
12:10pm			Spinning Jean				
6:30pm	Spinning Nicole	Spinning Brenda	Spinning Tony	Spinning Tony			

GROUP EXERCISE /SPINNING SEASONAL PASS - \$145 Members / \$235 Residents

MONTHLY FLAT RATE PASS - \$55 Members / \$75 Residents

Pop-in Rate - \$5 Member / \$10 Resident & Guest

8:30-9:20am Friday Spinning Rotation

Instructor: 1/2- Stacey, 1/9-Jean, 1/16-Stacey, 1/23-Stacey, 1/30-Jean

9:30-10:20am Saturday Spinning Rotation

Instructor: 1/3-No class, 1/10-Ann Marie, 1/17-Julie S., 1/24-Ann Marie, 1/31-Tony

10:30-11:20am Sunday Spinning Rotation

Instructor: 1/4-No Class, 1/11-Brenda, 1/18-Tony, 1/25-Julie S.

Race Day on Saturday 1/10 9:30-10:45m Instructor: Ann Marie

All classes are subject to change and be cancelled due to low enrollment

Ride n'Lift - Ride for 40 minutes and finish up with 20 minutes of weights.

Spinning/ Abs - Spin for 45 minutes and finish up with a great ab workout!

Endurance Rides - Will be held the first Sunday of every month! Heart rate monitor is strongly recommended. The remaining Sundays will be regular spinning classes.

Race Day - Take your spinning to the next level! This workout challenges experienced riders with an all out solo effort against the clock. 6 months spinning experience and a heart rate monitor is recommended.

Rookie Rotations - Always wanted to try Spinning? A little intimidated by that Spinning Bike? This is the perfect place for you to get on the bike, get comfortable with the Spinning class format, and learn bike setup and safety.