

Spinning

Schedule

Effective January 2, 2012

Saw Mill Club

Monday	Tuesday	Wednesday	Thursday	Friday		
6:00–7:15AM Video Spin Chris	5:45–6:45AM Cycle Spin Val		5:45–6:45AM Video Spin Bob	6:00–7:00AM Studio Spin Chris		
7:45–8:45AM Studio Spin Chris	8:00–9:00AM Video Spin Kathleen	8:00–9:00AM Cycle Spin Tim	8:00–9:00AM Studio Spin Felice	8:00–9:00AM Studio Spin Melanie		
9:30–10:30AM Video Spin Kathleen	9:30–10:30AM PartySpin Bente	9:30–10:30AM Cycle Spin Cathy	9:45–10:45AM Studio Spin Karen	9:30–10:30AM Video Spin Kathleen		
10:45–11:45AM Studio Spin Karen				1:00–2:30PM Video Spin Kathleen		
4:30–5:30PM Video Spin Kathleen /Eileen			4:30–5:30PM Studio Spin ★ Keith	5:30–6:30PM Spintastic Bente		
6:15–7:15PM Studio Spin Eileen	7:00–8:00PM Studio Spin Candi	7:00–8:00PM Video Spin Bob	7:00–8:00PM Video Spin Mike			
<p>Note: Sign-up is required to all Spin classes up to 30 minutes before start of class at front desk. You MUST be present for Free sign-up. One sign-up per person. For your convenience, you may make a reservation for a \$5 fee beginning at 7:00AM the day before. All phone reservations are \$5 fee. If not present at class time, you will forfeit your bike.</p>			<th>Saturday</th> <th>Sunday</th>		Saturday	Sunday
			7:00–8:00AM Video Spin Bob	8:45–9:45AM Studio Spin Lorraine/Mike		
			9:00–10:00AM Cycle Spin Chris	10:00–11:00AM Studio Spin Lorraine/Mike		
			10:30–11:30AM PartySpin Bente			
<p>KEY: ★ = New Class 🕒 = New Time 😊 = New Instructor</p>			<ul style="list-style-type: none"> Instructors subject to change without notice. Children must be 12 years and older. 			

Spinning Classes

Spinning~ An intense 45–75 minute cardiovascular workout and a complete mind/body training system. On your stationary bike, join us as we guide you on a journey over imaginary terrain and through outdoor environments. In this class, music stimulates you, excites you, and allows you to determine the difficulty of the ride. Open to all levels. Sign-up is required.

Cycle Spin ~ a spin class with an outdoor riders mentality. Consistent balanced long distance spin to mimic an outdoor ride.

Party spin - You will know all the words to these songs! Lighthearted and fun. All levels will enjoy this spin and not realize how hard they have just worked out

Studio Spin ~ Spin for the Cardio Enthusiast. Musical choice of the instructor

Spintastic: A spin class that adds a little upper body work with resistance tubing intervals on the bike. This is a party! Bring your happy hour enthusiasm and enjoy the ride.

Video Spin ~ Spin to the videos playing on the 72 inch Flat screen HDTV. Lots of energy. Lots of fun.