

# SPINNING



**Beginners  
Welcome!**



Spinning is a 45—60 minute bike ride in a group setting that integrates music, camaraderie and visualization in a total mind/body exercise program. Individualized for any age or fitness level, all classes are performed on a specialized stationary bike with a simple set of movements and hand positions utilizing heart rate training to deliver personal empowerment and dramatic fitness results. In a single class of spinning you can burn an average of 500-600 calories!

**Spinning Sign Up Sheets Available at the front desk.**

**Grab a towel & Bring a water bottle**

**First Class is FREE - Bring a Friend**

<b>Mondays</b>	<b>6:00AM</b>		<b>4:00PM</b>	<b>6:30PM</b>
<b>Tuesdays</b>	<b>6:00AM</b>			<b>6:30PM</b>
<b>Wednesdays</b>	<b>6:00AM</b>	<b>7:30AM</b>		<b>6:30PM</b>
<b>Thursdays</b>	<b>6:00AM</b>		<b>4:00PM</b>	<b>6:30PM</b>
<b>Fridays</b>	<b>6:00AM</b>			
<b>Saturdays</b>	<b>8:30AM</b>			
<b>Sundays</b>	<b>8:30AM</b>	<b>9:30AM</b>		

**Cancellation Policy - Please call one hour prior to class  
or one session will be deducted.**