



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPINNING CLASS SCHEDULE

COME TAKE A SPINNING JOURNEY WITH US

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45 Steve	6:00-6:45 Alan	6:00-6:45 Steve	6:00-7:00 (1 hour) Alan	6:00-6:45 Lisa	
8:30-9:15 Leslie		8:30-9:15 Leslie		8:30-9:15 Leslie	8:15-9:00 Inst. Varies
9:30-10:15 Leslie	9:30-10:15 * SPINNING Light Meg	9:30-10:15 Leslie	9:30-10:15 * SPINNING Light Denicia	9:30-10:15 Leslie	9:15-10:00 Laurie
12:15-1:00 Lisa		12:15-1:15 Lisa		12:15-1:00 Meg	
4:15-5:00 Steve	4:15-5:00 Lisa	4:15-5:00 Paula	4:15-5:00 Steve		
5:15-6:00 Micah	5:15-6:00 Lisa	5:15-6:00 Micah	5:15-6:15 (1 hour) Steve		

We have a 20 person limit in each class. Therefore, all classes are on a sign-up basis. You may call or stop by the member service desk to reserve a bike as early as opening the day before your desired class time. You may sign-up other members of your household but not your friends or co-workers.

Sign-ups are on a first come first serve basis. If you are unable to attend the class you are signed up for, call to cancel your reserved spot so that others may have a chance to take the class. If you are signed up for a class but not ready at its start time, your bike may be offered to a member who is waiting to get in.

Unless otherwise noted, classes are 45 minutes long. Please bring water and a towel to each class. No loose clothing.

Please arrive at least 5 minutes prior to class in order to choose and set up your bike. Please refrain from using your cell phone during class time.

*SPINNING Light is a 45 minute ride intended for the novice rider. This class will be a low intensity workout that will gradually prepare you for a more intense SPINNING class. Our instructor will guide you through the basics of SPINNING and explain terminology and technique that are fundamental to SPINNING. Although beginners are welcome to attend any class, we recommend that you attend the SPINNING Light class or one of our "Intro To" classes held each month.