



Schedule

February 18th - April 14th 2013



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:45 am Mike		5:45 - 6:45 am Mary	Sunrise ENERGY 5:30 - 6:30 am Joanna		Rev Up for race Day! **Start time 7:15am Robin / Tom (See Below)	Super Sunday Ride 11-12:30pm Select dates only
	All Ages Spin ! 3:45 – 4:30 pm Kristin H. *age 12 yrs. & up		12 -1 Joe	Spinning into Spring 10-11 am Heather	New Time! 9:15-10:15 am Joe	3/3 - Carl 3/17 - Carl 3/24 - Joe 4/7 - Mike
12 - 1 Joe						
5:15-6:15 pm Bosmat	New CLASS! Sufferfest Video Ride! 5:30 pm Start time *most rides 1 hour Robin	5:15-6:15 pm Carrie	6:15-7:15 pm Russell			

PLEASE NOTE: In the absence of an instructor we will always do our best to offer a class that is as close as possible to the originally scheduled class.

What is Spinning all about ?

Spinning classes offer a non-impact, highly effective way to build cardiovascular strength and endurance. Taught on a stationary bike you will climb, sprint, and train hard while listening to incredible music and motivating instructors. The best part is that Spinning is designed for all fitness levels! Check out one of our AMAZING spin classes and you will leave with a feeling of accomplishment !

Rev Up for Race Day

Join us for this 8 week PROGRESSIVE program guaranteed to get you ready for the BIG DAY !

2/23	7:15-8:15 am	Base Building w/Ladder Drills w/Tom
3/2	7:15-8:15 am	Endurance Loops w/Robin
3/9	7:15-8:30 am	Battle the Bumps w/Tom
3/16	7:15-8:15 am	All Terrain Training w/Robin
3/23	7:15-8:45 am	Thrillin' and Chillin' w/Tom
3/30	7:15-8:45 am	A Mixed Bag of Intensity w/Robin
4/6	7:15-8:15 am	Prep Day Training w/Tom
4/13	7:15-8:15 am	RACE DAY! Let's Do This! w/Robin

Spinning into Spring !

Join us for this energizing spin class with high energy music and movements to motivate and get you ready for the outdoors! Work your legs, both in the saddle and standing!

Sunrise ENERGY RIDE

Start your day off right and work your body to the high energy beats of rock, hip-hop, alternative, pop, and techno as you climb, sprint, and run. This class will get you energized for the day ahead!

All Ages Spin!

Looking to have some fitness fun with your pre-teen or teen? Looking to get in a great workout set to high energy music NO MATTER WHAT YOUR AGE ! All ages are welcome (12 years and up) in this high energy spin class!

Sufferfest Video Ride

Believe it or not, we've made indoor cycling way more exciting! The Sufferfest video rides are set to awesome music and make you feel like you are right in the middle of the action and the terrain! These structured interval workouts have earned top reviews by CyclingNews.com, VeloNews, Triathlete, Cycling Weekly and more. Come check out a class today! Are you ready for the challenge?