



SPIN - MAY 2012

24 HOUR CLUB: 5921-34th Street / 799-4040

Group Exercise Director: Rachel White
 rachel@gobodyworks.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin Room	12:15p SPIN Heidi <i>(no class 5/27)</i>	5:15a SPIN Sandi <i>(no class 5/28)</i>		5:15a SPIN Christy R		5:15a SPIN Angela	
		9:00a SPIN Janda	9:00a SPIN Angela	9:00a SPIN Janda	9:00a SPIN Angela	9:00a SPIN Sheila	9:00a GROUP RIDE Angela/Taunya
	2:00p RACE DAY SPIN Sheila	4:30p SPIN Sheila <i>(no class 5/28)</i>			4:30p SPIN Daniel		
		5:40p GROUP RIDE Taunya	5:40p SPIN Taunya	5:40p SPIN Daniel		5:40p SPIN Heidi <i>(no class 5/25)</i>	
	6:45p SPIN Heidi <i>(no class 5/28)</i>	6:45p SPIN Matt			6:30p SPIN Sheila		

Notes...

Spin classes combines the best of all workouts:

**High intensity cardio that YOU control...
 Great work for muscular strength & endurance...
 Fun music....
 Motivating Instructors!**

Check out the schedule and try a SPIN class today!!

If new to class, arrive a few minutes early so the instructor can help you with bike setup