



## SPIN CLASSES

**SPIN** – Skills emphasized include: consistent energy usage and optimum fat burning, cycling efficiency, mental focus and smooth and steady pedaling. Heart rate intensity is sustained between 65–85% of maximum heart rate.

**Spin & Core** – Come work out your heart and your waistline! Challenge yourself with 60 minutes of spinning, plus 15 minutes of core work.

**Spin Skills and Drills** – Challenge your skill with a wide range of drills to take you to the next fitness level. All levels welcome.

**Spin for Endurance** – Get maximum calorie burning with this intense workout. Instead of intervals, cyclists will pedal at a more consistent pace, working at the top of their aerobic training level.



# Spin Classes

June 1-August 15  
2010

All classes are MULTI-LEVEL and held in the Spin Studio. "**Plum**" denotes new class, new time, or new instructor. We will be closed on Sunday, July 4 ----- Independence Day.

MONDAY	6:00-7:00a 9:15-10:15a	Spin Spin	Kevin Melissa
TUESDAY	6:00-7:00a 9:15-10:15a 5:30-6:30p	Spin for Endurance Spin Skills & Drills Spin	Carol Lora Lorie
WEDNESDAY	<b>9:15-10:15a</b> 5:30-6:30p	<b>Spin</b> Spin	<b>Carol</b> Cathy
THURSDAY	9:15-10:15a 5:30-6:30p	Spin Skills & Drills Spin	Melissa Lorie
FRIDAY	6:00-7:00a 9:15-10:30a	Spin Spin & Core	Michele Lora
SATURDAY	8:15-9:15a 9:30-10:30a	Spin Spin	Michele Kevin
SUNDAY	8:30-9:30a	Spin	Shana



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