



SPIN CLASSES

Spin- A cardio workout on a stationary bike. These classes are technique-based and/or real terrain-based, and focus is on cadence, heart-rate zones, climbs, and sprints. Heart Rate monitors are recommended for best results.

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

Spin & Strength – Work your heart and your upper body! Challenge yourself with 60 minutes of spinning, plus 15 minutes of targeted exercises to shape your arms and shoulders.

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 Classes

Oct. 31-Dec. 18, 2011

All classes are MULTI-LEVEL and held in the Spin Studio. "Italics" denotes new time, class, or instructor.

MONDAY	6:00-7:00a 9:15-10:15a 5:30-6:30p	Spin Spin Spin	Kevin Karen Lorie
TUESDAY	9:15-10:30a	Spin & Strength	Lora
WEDNESDAY	6:00-7:00a 9:15-10:15a 5:30-6:30p	Spin Spin Spin	Kevin Carol Cathy
THURSDAY	6:00-7:00a 9:15-10:15a 5:30-6:25p	Spin Spin Spin	Kevin Liz <u>Michele</u>
FRIDAY	9:15-10:30a	Spin & Core	Lora
SATURDAY	7:15-8:15a 8:20-9:20a 9:30-10:30a	Spin Spin Spin	Kevin Kevin Michele
SUNDAY	8:00-9:00a <u>9:10-10:10a</u>	Spin <u>Spin</u>	Liz <u>Terese</u>



Group Exercise Director, Lisa Hamilton
lhamilton@lfh.org
847-535-7173

www.health-fitnesscenters.com