

SPINNING

EFFECTIVE October 5, 2009

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	6:00 AM DEB		6:00 AM BETTY			
		6:45 AM TERESA		6:45 AM TERESA		
8:30 AM JEN	8:30 AM DENISE	7:30-8:00 CORE		7:30-8:00 CORE		8:05 AM Nia/ Pam
			9:30 AM MICHELLE		8:00 AM NINA	
					8:30 CORE	9:15 AM Nia/ Pam
					9:00 AM AIMEE	
	6:15 PM NIA	6:00 PM Bob	6:15 PM TIM	6:00 PM JEN		

*SCHEDULE SUBJECT TO CHANGE

**HEART RATE MONITORS RECOMMENDED

CLASS FEES

NO ADDITIONAL CHARGE FOR FITNESS AND COMBINED MEMBERSHIPS.

ALL OTHER MEMBERSHIPS= \$5.00 PER CLASS

NON-MEMBER SPIN CARDS 10 CLASSES = \$90.00

SPINNING RESERVATION SYSTEM

Reservations are required for all Spinning classes

Members may reserve up to two (2) days in advance beginning at 2:15 PM. **Spin card holders** may reserve one day in advance beginning at 2:15 PM. Also, reservations will only be held until class starting time.
Cancellations Reservations must be canceled if you are unable to attend. "No shows" will be charged a \$5.00 fee. **Frequent "No shows" will result in loss of reservation privileges.**