

# ***SPINNING***

**EFFECTIVE Dec 1, 2011**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>8:30 AM JEN P.</b>	<b>6:00 AM DEB</b>	<b>6:45 AM TERESA</b>	<b>6:00 AM BETTY</b>	<b>6:45 AM TERESA</b>		<b>8:05 AM NIA/ PAM</b>
	<b>8:30 AM DENISE</b>	<b>7:30-8:00 CORE TERESA</b>		<b>7:30-8:00 CORE TERESA</b>		<b>9:15 AM NIA/PAM</b>
			<b>9:30 AM PAM</b>	<b>9:00-9:30 CORE NINA 9:30AM NINA</b>	<b>9:00 AM AIMEE</b>	
	<b>6:15 PM NIA</b>	<b>6:00 PM SCOTT</b>	<b>6:00PM SHARON</b>	<b>6:00 PM BETTY</b>	<b>5:30 PM SHARON</b>	

\*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.**