

**SPINNING®**

# Spin



# SPRING 2012

*fitness!*  
**FIRST!**  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am Interval  Ed	8:00 am Interval  Mike R	6:00 am Strength  Ed	8:00 am Interval  Mike R	6:00 am Endurance  Ed	8:30 - 9:30 am Interval  Marie	7:45 am Interval  Jack
11:45 am Lunch Time Spin Mike	5:30 pm Spin  Kathy	10:30 am Easy Spin  June	11:30 am Spin & Pilates  Kathy			9:00 am Interval  Renee
5:30 pm Interval Marie	7:00 pm Spin  Sandy	11:45 am Lunch time Spin Mike	5:30 pm Interval  Renee			
		5:30-6:30 Spin Marie	7:00 pm Spin  Sandy			
		6:30-7p Total Body Marie				