

Total Fitness Connection Three Springs Road Facility Group Spin Schedule August 2010

Transform Your Body, **F**ind Your Potential, **C**hange Your Life

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5:15am	Spin 3 Joy G.	Spin 3 Joy H.	Spin 3 Joy G.	Spin 3 Joy H.	Spin 3 Joy G.	
8:15am						Spin 3 Chandler
8:30am	Spin 3 Sheri		Spin3 Sheri		Spin 3 Sheri	
5:30pm	Spin X Beth		Spin 3 Beth	Spin I Joy G.		
6:00pm		Spin 2 Regina				

SPIN

Remember when you loved to ride your bike as a kid? Experience the same exhilaration you felt back then and get the health and fitness benefits you need now that you're all grown up. Spinning classes provide a fun yet challenging cardiovascular workout and will take you through two types of terrain; flats and hills. The Spinning Program is great for all fitness levels; your Spinning journey begins with a single pedal stroke.

Level 1: 30 minute ride for beginner exerciser or rider.

Level 2: 40 minute ride

Level 3 – 50 to 60 minute ride

Spin X – An advance ride for those who have at least 6 months spin experience.

Classes, times, or instructors are subject to change and/or cancellation.