

TOTAL FITNESS CONNECTION

Three Springs Road Facility

Spinning Schedule

May 2008

Time	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5:15 am		Spinning Joy Howard		Spinning Joy Howard		
5:25 am	Spinning Joy Graham		Spinning Joy Graham		Spinning Joy Graham	
8:15 am						Spinning Chandler
8:30 am		Spinning Chandler		Spinning Chandler		
			Evening Classes			
5:30 pm	Spinning Beth	Spinning Regina	Spinning Beth	Spin & Sculpt Joy Graham		

SPIN

The Spinning Program is a stationary bike class and is the industry's hottest fitness trend. This class will provide a fun and challenging cardiovascular workout for all fitness levels. Your Group Leader will take you for a ride through the countryside including flats, hills, climbs, and more! The motivating music and group energy will take you to the TOP!

****If you are new to the Spinning classes, please arrive 5 minutes early to learn how to adjust and operate your bike.**

****Sign up at the front desk 48 hours prior to class.**

Please be on time. Bikes become available to alternates exactly 5 minutes after class begins & don't forget your towel and water bottle!