

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am		SPIN 6:00am 45 min Michelle		SPIN 6:00am 45 min Michelle		SPIN 9:00am 45 min Karen	SPIN 9:00am 45 min Michelle B
		SPIN 9:15am 45 min			SPIN 9:15am 45 min	SPIN 10:15am 45 min Mike	
pm	SPIN 6:15pm 45 min Heather		SPIN 6:00pm 45 min Laura	SPIN 5:30pm 45 min Karen			
		SPIN 6:00pm 45 min Paul Condinho					

*All classes are subject to change based on a minimum participation.

Registered participants can cancel online only up to 6 hours prior to the start of class. "No - shows" and last minute cancellations will be charged \$15.

Space is limited.
Participants must register online for all classes.

There will be no walk-in spots.
Due to the popularity of our Spin program; members are restricted to signing up for one class per day.