

# September Spinning® Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Strength Andria	6:00am All Terrain Terri	6:00am Interval Jodi	5:30am Strength- Interval Chelsey	6:00am Strength Terri	7:45am Interval Marty	
	9:30am Interval Katie K.		7:00am Interval Mariah	9:00am Spinning Accelerator Kim M.	9:00am Strength- Interval Lori	8:30am Interval Rebecca
12:00pm Interval Julie Z.		12:00pm Strength Julie Z.	9:30am Strength- Interval Jenn	12:00pm Interval Jon	10:15am Interval- Strength Jon	9:45am Endurance Juli W.
5:30pm All Terrain Caylene- Colleen	6:00pm Strength Mike	5:30pm Interval Marty- Mariah	6:00pm Interval Whitney			

**Beginner Spinning® Class will be offered on Tuesday, September 21 at 12:00pm. Sign up is located at the Front Desk.**

- Please be sure to check your bike and make proper adjustments for a comfortable fit.
- Please wear padded cycling shorts for a more comfortable and enjoyable experience.
- All Spinning bikes are have the Triple Link™ Pedal system that allows you the choice of using a traditional athletic shoe, SPD® or Look® style shoe/cleat.
- You must sign up in advance for all Spinning classes. You may sign up no earlier than 30 minutes prior to the start time of each class at the Front Desk.
- You must be present at the time class begins or your bike will be given to another participant if the class is full.
- Classes are closed 15 minutes after their scheduled start time.
- If you are experiencing a problem with your bike, please inform your instructor so that he/she may report this to the equipment technician.
- Use only Gym Wipes to clean your bike after use.

