

SPINNING CLASSES • JULY SCHEDULE

Spinning Studio

| | MON. | TUES. | WED. | THURS. | FRI. | SAT. | SUN. |
|----------------|---|-----------------------------|-----------------------------|-----------------------------|-----------------------------|---|------|
| MORNING | | | Spinning 5:45-6:45 AF | | Spinning 5:45-6:45 A? | Spinning 7:30-8:30 3HP, 10JuG, 17PP, 24ST, 31HP | |
| | Spinning 8:30-9:30 5PP, 12PP, 19SaP, 26SaP | Spinning 8:30-9:30 RH | Spinning 8:30-9:30 KW | Spinning 8:30-9:30 HP | Spinning 8:30-9:30 RH | | |
| MIDDAY | | Spinning Noon-1 KW | | Spinning Noon-1 HP | | | |
| EVENING | Spinning 6-7 NC | Spinning 6-7 HP | | | | | |

Instructor Key: A?==Amy?, AF=Ashley Fehlman, BS=Barb Standish, HP=Holly Pardekooper, JG= Jean Gilpin, JuG=Justin Glasgow, JK=Jay Kambhu, KW=Kelly Winegar, NC=Nick Cilek, PP=Pete Paul-Peterson, RH=Rosanne Hopson, SK=Sandy Kessler, SaP=Sarah Post, ST=Sara Tack

Notify the instructor if you are attending for the first time and/or have health concerns.

Instructors, class times, and locations are subject to change.

Bring a full bottle of water and arrive a few minutes early to set up your bike.

NDAC will be closed Sunday, July 4th.