

SPINNING CLASSES • MARCH SCHEDULE

Spinning Studio

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
MORNING	Spinning 5:45-6:45 AF		Spinning 5:45-6:45 AF		Spinning 5:45-6:45 ST/JG	Spinning 7:30-8:30 6ST, 13HP, 20JuG, 27PP	Heart Rate Ride 7:15-8:45 PP
	Spinning 8:30-9:30 1JK, 8SP, 15PP, 22JK, 29SaP	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		Spinning 6-7 JuG			

Instructor Key: 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.