

Spinning® Class Schedule

July & August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SPINNING® CLASSES 8:00-9:00am Joy 10:00-10:45am Amanda/ JoAnn/ Kelly	6:00-6:45am Beth 9:15-10:00am DaVaun 11:15-12:00p Lara 5:15-6:00pm Noelle Express Spinning® 6:15-6:45pm Melissa	5:45-6:30am Sarah 9:30-10:15am Julie 5:15-6:00pm Richard	6:00-6:45am Mary Jane Express Spinning® 9:30-10:00am DaVaun 10:30-11:15a Lara 5:15-6:00pm Kelly	5:45-6:30am Kate 9:30-10:15am Julie 5:15-6:00pm Richard 6:15-7:00pm Noelle	6:00-6:45am Jamie 9:15-10:00am Julie 11:15-12:00p Joy	7:00-7:45am Jamie/ Mary Jane/ Sarah 8:00-9:00am Instructor rotation 9:30-10:15am Amanda/ Kelly/ Theresa <hr/> A "Ticket to Ride" is needed for ALL spin classes. Please pick up a ticket at the Customer Service Desk up to 30 minutes before the class begins. <hr/> The Spin Studio door opens 15 minutes prior to class start time. <hr/> Instructors and classes are subject to change. Classes averaging fewer than 6 participants may be removed from the schedule.

SPINNING® at McConnell

The Spinning program welcomes participants of all fitness levels.

Spinning is a high intensity, low impact aerobic workout that is an individually paced group training class.

The instructors will coach participants to achieve a fun, safe and challenging workout.

Each bike is equipped with an adjustable resistance knob, which allows each participant to select their own level of intensity.

The intensity of the workout is influenced by several things:

- cadence or pedal rate
- resistance of the bike's flywheel, which can be continually adjusted throughout the class to make pedaling easier or more difficult
- the rider's body position, as they either ride from the seated position or rise from the saddle

All classes include a warm-up, cool-down and stretching.

Express Spinning® –

This is a 30 minute mixed level class.

SPINNING®

