

# february spinning schedule

Class Codes: I=Interval E=Endurance S=Strength B=Beginning

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 12:00-1:00 pm (I) Jill 6:00-6:30 pm (B) Jodi 6:35-7:35 pm (S) Jodi	2 6:00-6:45 am (S) Amy 9:30-10:30 am (I) Kristina	3 9:30-10:30 am (S) Jodi	4 8:00-9:00 am (I) Cathy 9:30-10:30 am **Spin Rental**
5 4:30-5:30 pm (I) Cathy	6 6:15-7:00 pm (I) Annie	7 6:00-6:45 am (I) Stephanie 9:30-10:30 am (E) Jodi	8 12:00-1:00 pm (E) Jill 6:35-7:35 pm (I) Jodi	9 6:00-6:45 am (E) Amy 9:30-10:30 am (S) Kristina	10 9:30-10:30 am (I) Jodi	11 8:00-9:00 am (I) Cathy 9:30-10:30 am **Spin Rental**
12 4:30-5:30 pm (I) Jodi	13 6:15-7:00 pm (E) Stephanie	14 6:00-6:45 am (E) Stephanie 9:30-10:30 am (S) Jodi	15 12:00-1:00 pm (S) Jill 6:35-7:35 pm (E) Jodi	16 6:00-6:45 am (I) Amy 9:30-10:30 am (E) Kristina	17 9:30-10:30 am (E) Jodi	18 8:00-9:00 am (I) Cathy 9:30-10:30 am **Spin Rental**
19 4:30-5:30 pm (I) Amy	20 6:15-7:00 pm (S) Annie	21 6:00-6:45 am (I) Stephanie 9:30-10:30 am (E) Jodi	22 12:00-1:00 pm (I) Jill 6:35-7:35 pm (S) Jodi	23 6:00-6:45 am (S) Amy 9:30-10:30 am (I) Kristina	24 9:30-10:30 am (S) Jodi	25 8:00-9:00 am (I) Cathy 9:30-10:30 am **Spin Rental**
26 4:30-5:30 pm (I) Annie	27 6:15-7:00 pm (I) Stephanie	28 6:00-6:45 am (S) Stephanie 9:30-10:30 am (I) Jodi	29 12:00-1:00 pm (E) Jill 6:35-7:35 pm (I) Jodi			

\* Denotes New class

### Spinning Policies

- Bikes are available on a first come first served basis. We do not take reservations
- Sign up at the Member Services Desk and receive a ticket. One spinning ticket is allowed per participant.
- A water bottle and towel are required. A seat cover or padded shorts are highly recommended.
- Heart rate monitors are strongly encouraged and are available for purchase at the Member Services Desk.
- For more information about spinning visit spinning.com.