



BAC SPIN SCHEDULE

Effective: October 5, 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am	Sandy Spin/ABS (60)	Tom N. (45)	Jim (45)	TJ (45)			
07:15 am						Alternate Inst: Mary/ Sandy (45)	
9:15 am	Lu (45)		Kim (45)		Jalynn (45)	Tim (45)	
5:15 pm		Becky (45)					
12:15pm				Karen Sue (45) Starts 10/8/09-3/25/2010			
5:30 pm	Tom C. (45)		Mark *Beginning Spin® (45)	Tim (45)			
6:30-8:00 pm		Advanced Spinning® Ride Jim (90) Sign Up Class Only! PPC-NM 10/6-12/1					

All Instructors are JG SPINNING® Certified

All Rides: Whether you are a beginner or an elite athlete, you can participate at your own pace and your own effort. **Classes are designed with a heart rate objective, so we strongly encourage the use of a heart rate monitor to gauge your intensity.** You as a class participant will experience the following heart rate Energy Zone™ rides in your Spinning® Classes: Recovery, Endurance, Strength, Interval and Race Day.

***Beginning Spin®:** This class is designed for the beginner. You will learn and understand the relationship between cadence, resistance and intensity of the Spinning® Program along with proper bike set-up, and safety techniques. Instructions and set-up will be given the first 10 minutes of class. Then enjoy a nice, 30-minute easy ride along with gentle stretching afterwards! Please be sure to be to class on time!

***Please Note:**

- **For Safety considerations on the spinner bike, participants must be 18 years of age. Instructors should urge those just beginning an exercise program to obtain a full physical and medical clearance before beginning. (Spinning® Journey-Phase 1, pg. 1.04) If your young adult is under the age requirement, contact the Group Exercise Director, Sheri Shon. There is a special criterion they have to pass in order to participate in a Spinning® Class.**
- **Schedules are subject to change due to Instructor availability and class sizes less than 10 participants!**
- **Advanced Spinning® Ride: This is an "Eight Weeks Paid Program Class". You must sign up at the Service Desk.**
Sessions dates are on Tuesdays: Oct. 6- Dec. 1, 2009 (No class week of Nov. 22-29 due to Holiday).
Cost: Members: \$40.00 Non-Members: \$80.00

See SPINNING® Reservation Policy on the Back!

Revised: 8/12/2009 S. Shon