



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ***SPINNING SCHEDULE***

Effective: January 2, 2012  
Ending February 11, 2012

Start Time	Mon.	Tues	Wed.	Thur.	Fri.	Sat.
5:45 am		Group Cycling		Group Cycling	Group Cycling	
8:30 am	Group Cycling		Group Cycling			
12:15 pm	Group Cycling		Group Cycling		Group Cycling	
4:30 pm	Group Cycling		Group Cycling		Group Cycling	
5:30 pm		Group Cycling				

**CLASSES ARE SUBJECT TO CHANGE IF ATTENDANCE IS LOW.**

\*FIRST TIME CYCLERS PLEASE ARRIVE 15 MINUTES EARLY FOR BIKE SET UP\*

Bring a water bottle!

**Cycling package prices:  
Members \$25/Program Members \$60**