

SPINNING ROOM SCHEDULE

MONDAY:

Paul - 6:30—7:30 am

Kathy - 5:30 pm – 6:30 pm

TUESDAY:

Billy –Breakfast Club 5:00 am – 5:45 am

WEDNESDAY:

Staci—Fitness Ball 5:00—6:00 am

Paul – 6:30—7:30 am

Mari - 5:30 pm – 6:30 pm

THURSDAY:

Steve - 5:30 pm – 6:30 pm

FRIDAY:

Billy—Breakfast Club 5:00 am – 5:45 am

Paul – 6:30 am – 7:30 am

SATURDAY

Steve - 9:00 am – 10:00 am

SUNDAY:

***Kathy – 9:30 am – 10:30 am

****Video Led Class (every other Sunday).....

Members fee \$5.00 per class; Non Members fee \$10 per class

Any open time can be used to play WII for \$2.00 per person/hour