

Group Exercise

Spinning Schedule **Summer 2010** (effective July 2, 2010)

Mt. Kisco Athletic Club



monday	tuesday	wednesday	thursday	friday
5:30-6:30 Jenn Race Coaching/ Interval Training	5:30-6:30 Ken Spinning	5:30-6:30 Bob Spinning	5:30-6:30 ★ Tony Spinning	7:30-8:25 Alternate Weeks Race Coaching/ Interval Training Jenn Cardio Blast Spin Jim
8:00-8:30 ⌚ Val Spin Express	9:30-10:30 😊 Val Spinning	7:30-8:25 Tom Spinning 😊	9:30-10:30 Jenn Race Coaching/ Interval Training	
9:30-10:30 Amanda Spinning	1:00-1:45 Val Spinning	9:30-10:30 JennM Spinning 😊	1:00-1:45 Susan Spinning	5:30-6:30 Alan Spinning
1:00-1:45 Patti Spinning 101	6:00-7:30 Jack Endurance Spin (come for part or all)	6:00-6:45 Candi Hip Hop Spin 😊	6:00-7:00 Art Spinning	9:30-10:30 Patti Spinning
5:00-5:45 Ingrid Spinning				
6:30-7:30 Alan Spinning				

NOTE:
Sign up (first and last name) is required for all spin classes as follows:
Tuesday-Saturday classes, call after 5PM the day before class.
Sunday and Monday classes, call after 3PM the day before class.
If you are not present at class start time, you will forfeit your bike.
* Minimum of six participants to hold class.

KEY:
★ = New Class
⌚ = New Time
😊 = New Instructor

Questions? Comments? Suggestions?
Contact Group Exercise Director Valerie Rosen
vrosen@mtkiscoac.com

saturday	sunday
7:15-8:00 Jim Cardio Blast Spin	8:00-9:00 Bob Spinning
8:05-9:05 Melanie Spinning	9:15-10:15 Kim/ Ellen Spinning
9:15-10:15 Candi Spinning 101	