

Group Exercise

Spinning Schedule (effective 12/7/09)

Mt. Kisco Athletic Club



monday	tuesday	wednesday	thursday	friday	saturday	sunday
5:30-6:30 Jenn Race Coaching/ Interval Training 9:30-10:30 Amanda Spinning	9:30-10:30 Jenn M Spinning 1:00-1:45 Val Spinning 6:30-8:00 Jack Endurance Spin (come for part or all)	5:30-6:30 Bob Spinning 7:15-8:15 Val Spinning 9:30-10:30 Jenn M Spinning 6:00-6:45 Chris Hip Hop Spin	5:30-6:30 Jenn Race Coaching/ Interval Training 6:30-7:30 Amanda Spinning 9:30-10:30 Jenn Race Coaching/ Interval Training 1:00-1:45 Susan Spinning 6:00-7:00 ☺ Art Spinning	7:15-8:15 Jenn/Jim Race Coaching/ Interval Training Alternate Weeks Cardio Blast Spin Jim 5:30-6:30 Alan Spinning 9:30-10:30 Patti Spinning	7:15-8:00 Jim Cardio Blast Spin 8:05-9:05 Melanie Spinning 9:15-10:15 Candi Spinning 101 4:30-5:30 Alan Spinning	8:00-9:00 Bob Spinning 9:15-10:15 Kim/ Ellen Spinning
1:00-1:45 Patti Spinning 101 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