Group Exercise

Spinning Schedule (effective March 2010)

Mt. Kisco Athletic Club

MAC Mt. Kisco Athletic Club

monday

5:30–6:30 Jenn
Race Coaching/ Interval Training

7:30–8:30 Val
Spinning

9:30–10:30 Amanda
Spinning

1:00–1:45 Patti
Spinning 101

5:00–5:45 Ingrid
Spinning

6:30–7:30 Alan
Spinning

tuesday

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)

wednesday

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

thursday

5:30–6:30 Jenn
Race Coaching/ Interval Training

9:30–10:30 Jenn
Race Coaching/ Interval Training

1:00–1:45 Susan
Spinning

6:00–7:00 Art
Spinning

friday

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

saturday

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

sunday

8:00–9:00 Bob
Spinning

9:15–10:15 Kim/ Ellen
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

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