

Spin Studio

Schedule **Winter 2011** (effective January 2011)



SAWMILL CLUB • EAST

monday	tuesday	wednesday	thursday	friday
5:30-6:30 Jenn C Race Coaching/ Interval Training	5:30-6:30 Ken Spinning	5:30-6:30 Bob Spinning	5:30-6:30 Tony Spinning	5:30-6:30 Jen P Spinning
8:10-9:00 Valerie Spinning	7:15-8:05 Chris Spinning	7:30-8:20 Patti Spinning	7:15-8:05 Tom Spinning	7:30-8:25 Alternate Weeks Race Coaching/ Interval Training
9:30-10:30 Amanda Spinning	9:30-10:30 Jenn M Spinning	9:30-10:30 Candi Spinning	9:30-10:30 Jenn Race Coaching/ Interval Training	Jenn C Cardio Blast Spin
			11:00-11:50 Jenn M Spinning	Jim
1:00-1:45 Patti Spinning 101	1:00-1:45 Candi Spinning		1:00-1:45 Susan Spinning	9:30-10:30 Patti Spinning
				11:00-11:50 Amanda Spinning
5:00-5:50 Ingrid Spinning	6:00-7:30 Jack Endurance Spin (come for part or all)	6:30-7:30 Jenn C Race Coaching/ Interval Training	6:00-7:00 Art Spinning	6:00-7:00 Stacy Spinning
6:30-7:30 Art/Bob 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@sawmillclub.com

saturday	sunday
7:15-8:00 Jim Cardio Blast Spin	8:05-9:05 Bob Spinning
8:05-9:05 Melanie Spinning	9:15-10:15 Kim/ Ellen Spinning
9:15-10:15 Candi Spinning 101	10:30-11:30 Jenn M Spinning