

# Group Exercise

## Spinning Schedule **Summer 2010** (effective July 28, 2010)

**Mt. Kisco Athletic Club**  


monday	tuesday	wednesday	thursday	friday	saturday	sunday
5:30-6:30 Jenn <b>Race Coaching/ Interval Training</b>  9:30-10:30 Amanda <b>Spinning</b>       1:00-1:45 Patti <b>Spinning 101</b>  5:00-5:45 Ingrid <b>Spinning</b>  6:30-7:30 Alan <b>Spinning</b>	5:30-6:30 Ken <b>Spinning</b>  9:30-10:30 Val ☺ <b>Spinning</b>  1:00-1:45 Val <b>Spinning</b>  6:00-7:30 Jack <b>Endurance Spin</b> (come for part or all)	5:30-6:30 Bob <b>Spinning</b>  7:30-8:25 Tom ☺ <b>Spinning</b>  9:30-10:30 JennM ☺ <b>Spinning</b>  6:00-6:45 Candi ☺ <b>Hip Hop Spin</b>	5:30-6:30 ★ Tony <b>Spinning</b>  9:30-10:30 Jenn <b>Race Coaching/ Interval Training</b>  1:00-1:45 Susan <b>Spinning</b>  6:00-7:00 Art <b>Spinning</b>	7:30-8:25 Alternate Weeks <b>Race Coaching/ Interval Training</b> Jenn <b>Cardio Blast Spin</b> Jim   5:30-6:30 Alan <b>Spinning</b>  9:30-10:30 Patti <b>Spinning</b>	7:15-8:00 Jim <b>Cardio Blast Spin</b>  8:05-9:05 Melanie <b>Spinning</b>  9:15-10:15 Candi <b>Spinning 101</b>	8:00-9:00 Bob <b>Spinning</b>  9:15-10:15 Kim/ Ellen <b>Spinning</b>

**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  
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