

Scripps Ranch Swim and Racquet Club present:

SPIN

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning Classes	8:30-9:15 am Spin With: Jamie 10:30-11:30 am Spin With: Judi	9:30-10:15 am Spin With: Yoshi	6:05-7:00 am Zen Spin With: Shauna 10:30-11:30am Spin Plus Abs With: Shauna		6:05-7:00am F'Ab Cycling With: Jamie 7:00-7:45 am Spin With: Jamie 10:30-11:30am Spin Plus Abs With: Shauna	7:00-7:45 am Spin With: Yoshi 10:30-11:30am Spin With: Shauna	7:00 - 7:55am Spin With: Jamie 10:30-11:30am Spin With: Elizabeth
Evening Classes	4:15-5:00pm Spin With: Jamie	7:15-8:10pm Spin With: Kathi	5:00-6:00pm Spin With: Jamie	4:15-5:00pm Spin With: Jamie 7:15-8:10pm Spin With: Kathi			All Spin Classes are Level 1-3
CLASS			CLASS DESCRIPTION				
F'Ab Cycling			40 mins. of spinning followed by 15 mins. of abs & stretching				
Spin			Intense athletic cardio training class on a stationary bike.				
Spin Plus Abs			Add an Ab workout to your spin training for an excellent core workout.				
Pump and Pedal			Push your body and take your workout to the next level with this spin an-strength combo. No reservation needed.				
Zen Spin			The perfect blend of 30 minutes on the bike followed by a series of Yoga or Pilates.				

Participation Procedures:

These classes are **FREE!** Please bring a sweat towel and water bottle to class!
Bikes must be reserved Please call the front desk the day prior to class anytime after 7:30am.
 Only one bike can be reserved per person.

General Information:

If you have never taken a Spin class before, **please arrive early and inform the instructor** prior to class and they will give you general bike operation information. If you have any pre-existing injury or condition, please inform your instructor prior to class.

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