

Harry L. Coomes Recreation Center

Spinning Class Schedule

July / August 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------|-------------------------------|--|----------|--------|-------------------------------------|
| 18 | 19 Cycle Mania 6 – 7 pm | 20 Cycle Mania 6 – 7 pm | 21 Sunrise Spin 6:15 – 7 am Cycle Mania 6 – 7 pm | 22 | 23 | 24 The Peloton 8:15 – 9:15 am |
| 25 | 26 Cycle Mania 6 – 7 pm | 27 Cycle Mania 6 – 7 pm | 28 Sunrise Spin 6:15 – 7 am Cycle Mania 6 – 7 pm | 29 | 30 | 31 The Peloton 8:15 – 9:15 am |
| 1 | 2 Cycle Mania 6 – 7 pm | 3 Cycle Mania 6 – 7 pm | 4 Sunrise Spin 6:15 – 7 am Cycle Mania 6 – 7 pm | 5 | 6 | 7 The Peloton 8:15 – 9:15 am |
| 8 | 9 Cycle Mania 6 – 7 pm | 10 Cycle Mania 6 – 7 pm | 11 Sunrise Spin 6:15 – 7 am Cycle Mania 6 – 7 pm | 12 | 13 | 14 The Peloton 8:15 – 9:15 am |
| 15 | 16 Cycle Mania 6 – 7 pm | 17 Cycle Mania 6 – 7 pm | 18 Sunrise Spin 6:15 – 7 am Cycle Mania 6 – 7 pm | 19 | 20 | 21 The Peloton 8:15 – 9:15 am |
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MUST OBTAIN FITNESS PASSES FROM FRONT DESK IN ORDER TO PARTICIPATE IN CLASSES

\$6.00 MEMBERS / \$12.00 NONMEMBERS FOR 6 PASS CARD

Fitness Instructors / Group Descriptions listed on back

***Classes WILL begin at times listed; participants should arrive for classes 5 – 10 minutes early in order to be prepared to begin on time

Spin classes are limited to 10 participants. Room is available for those 16 yrs and older during times that classes are not scheduled. Towels and water are recommended.

Cycle Mania

An hour of spinning with a variety of twists and turns in pace and intensity as well as keeping in rhythm with the newest releases.

The Peloton

Join the group of cyclists as you make adjustments in response to riders around you. A class designed to push cyclists to their leading edge to finish the workout.

Sunrise Spin

Set your alarm early for this class that is guaranteed to start your day with a positive spin!! ". Suitable for any fitness level.

Spin Instructors

Lee Britton, Libby Stokes, Matt Hale

Passes for next cycle available the sixth week of each cycle

IF THE COOMES RECREATION CENTER STAFF CAN BE OF ANY ASSISTANCE IN SCHEDULING CLASSES OR WITH INFORMATION, PLEASE CALL 276-623-5279

