



# SPIN - JULY 2017

24 HOUR CLUB: 5921-34th Street / (806) 799-4040

Group Exercise Director: Rachel White  
 rachel@gobodyworks.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Spin Room</b>	12:15p SPIN Heidi	5:00a SPIN Angela		5:00a SPIN Angela		5:00a SPIN Angela	
		9:00a SPIN Janda	9:00a SPIN Amy <i>(no class 7/4)</i>	9:00a SPIN Sandi	9:00a SPIN Janda		9:00a SPIN Angela/Taunya
	2:00p SPIN Maudie					9:00a SPIN Laurel	<i>new class!!</i> 10:15a SPIN Heidi/Laurel
		5:30p SPIN Heidi	6:00p SPIN Taunya <i>(no class 7/4)</i>	5:30p SPIN Daniel	6:00p SPIN Taunya		
			7:00p SPIN & TONE Maudie <i>(no class 7/4)</i>				

**Notes...**

**Indoor cycling is one of the best ways to get in a  
 great cardio workout with very little impact!  
 Join the Spin Crew as they take you on your workout journey.  
 Bring a towel and some water!  
 You will definitely break a sweat!!**