



SPIN - SEPTEMBER 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
Spin Room	12:15p SPIN Heidi	5:00a SPIN Angela <i>(no class 9/4)</i>		5:00a SPIN Angela		5:00a SPIN Angela	
		9:00a SPIN Janda	9:00a SPIN Amy	9:00a SPIN Sandi	9:00a SPIN Janda	9:00a SPIN Laurel	9:00a SPIN Angela/Taunya
	2:00p SPIN Maudie						
		5:30p SPIN Heidi <i>(no class 9/4)</i>	6:00p SPIN Taunya	5:30p SPIN Daniel	6:00p SPIN Taunya		
		7:00p SPIN & TONE Maudie					

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!!