



# SPIN - NOVEMBER 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 <i>(no class 11/24)</i>	
		9:00a SPIN Janda	9:00a SPIN Amy	9:00a SPIN Sandi	9:00a SPIN Janda <i>(no class 11/23)</i>	9:00a SPIN Laurel	9:00a SPIN Angela/Taunya
	2:00p SPIN Maudie						10:15a SPIN Heidi/Laurel
		5:30p SPIN Heidi	6:00p SPIN Taunya	5:30p SPIN Daniel	6:00p SPIN Taunya <i>(no class 11/23)</i>		
		7:00p EXPRESS-SPIN (40) 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!!**