

Ehrnfelt Recreation Center

SPIN STUDIO

All classes are 45 minutes

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|------------------|--------------------------------|-------------------|------------------|------------------|--|
| | | 5:45am- Juan | | 5:45am- Juan | | |
| | | | 6:00am- Cassie | | | |
| | 7:45am- Cliff | | 7:45am- Cliff | | 7:45am- Cliff | |
| | | 8:30am- Jenny | | 8:30am- Jenny | | 8:30am- Rotation |
| | | | 9:00am- Rene | | | |
| 9:30am- Rotation | 9:30am- Karen | 9:30am- Jenny | | 9:30am- Jenny | 9:30am- Jenny | 9:30am- Rotation |
| | | | 4:30pm- Cliff | | | |
| | 5:30pm- Rene | | 5:30pm- Cliff | | 5:30pm- Cliff | (Rotating instructors: Cliff, Juan, Meghan, Cassie., Rene, & Tami) |
| | 6:30pm- Rene | Hills&Drills 6:30pm- Pam | | 6:30pm- Karen | | <i>Instructor subject to change.</i> Updated January 2019 |

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SPINNING® PROGRAM

The original and most popular group cycling class. This class will help you quickly turn your goals into reality. With no complicated moves to learn, top notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun!!! Nearly 1,000,000 people ride on a Spinner® bike in a Spinning® class every day. Created over 15 years ago, the activity now known as indoor group cycling burns as much as 600 calories in just 45 minutes!!!

Spin/Core class adds another element. Increase power and cardio endurance on the bike, followed by a tough strength segment attacking the upper body and core.

Hills&Drills: Build power and stamina on the bike, then onto 25 minutes of high intensity resistance training using TRX, kettlebells, barbells, and more!



Ages: 15 & over

Using a Spinning Pass

1. Participants purchase a pass in advance of the month they wish to use the pass
2. On class day, participants must sign in, show spinning pass and get it punched at the front desk.
3. The front desk will assign a laminated color and number card for your particular class.
4. Proceed to the class and show your laminated card to the instructor. Admittance to the class will not be permitted without the card.
5. Reservations for bikes will be cancelled 5 minutes after the class starts to allow drop in participants to attend the class.
6. Passes are only good for the month listed on the pass.
7. Passes are non-transferable & non-refundable.
8. All classes have a limited number of bikes available. Make-ups & drop-ins are on a first come, first served basis. Drop-ins will not be taken over the phone. There are no waiting lists for classes that are full.

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| Strongsville Recreation Center | | |
| 18100 Royalton Rd. Strongsville, OH 44136 440-580-3260 x5275 | | |
| Fitness Supervisor: Denise Lengal denise.lengal@strongsville.org | | |
| Hours: | | |
| | June-Sept | Oct-May |
| Mon-Fri | 5am-9pm | 5am-10pm |
| Saturday | 8am-6pm | 8am-8pm |
| Sunday | 9am-3pm | 9am-5pm |