

December 2011 SPINNING SCHEDULE

All classes are 45 minutes

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------|---|--|---|---|--|--|
| | | | | 1 5:45am-Juan 9:30am-Jenny 6:30pm-Karen | 2 6am-Maureen 9:30am-Jenny 5:45pm-Meghan | 3 8:30-Rene 9:30-Rene 10:30-intro |
| 4 9:30am-Meghan | 5 6am-Maureen 9:30am-Karen 5:30pm-Rene 6:30pm-Rene | 6 5:45am-Juan 9:30am-Jenny 6:30pm-Meghan | 7 6am-Maureen 9:30am-Rene 6:30pm-Tami | 8 5:45am-Juan 9:30am-Jenny 6:30pm-Karen | 9 6am-Maureen 9:30am-Jenny 5:45pm-Tami | 10 8:30-Juan 9:30-Juan |
| 11 9:30am-Meghan | 12 6am-Maureen 9:30am-Karen 5:30pm-Rene 6:30pm-Rene | 13 5:45am-Juan 9:30am-Jenny 6:30pm-Meghan | 14 6am-Maureen 9:30am-Rene 6:30pm-Tami | 15 5:45am-Juan 9:30am-Jenny 6:30pm-Karen | 16 6am-Maureen 9:30am-Jenny 5:45pm-Meghan | 17 8:30-Rene 9:30-Rene 10:30-intro |
| 18 9:30am-Meghan | 19 6am-Maureen 9:30am-Karen 5:30pm-Rene 6:30pm-Rene | 20 5:45am-Juan 9:30am-Jenny 6:30pm-Meghan | 21 6am-Maureen 9:30am-Rene 6:30pm-Tami | 22 5:45am-Juan 9:30am-Jenny 6:30pm-Karen | 23 6am-Maureen 9:30am-Jenny 5:45pm-Tami | 24 (Open 8am-1pm) 8:30-Meghan 9:30-Meghan |
| 25 Merry Christmas | 26 6am-Maureen 9:30am-Karen 5:30pm-Rene 6:30pm-Rene | 27 5:45am-Juan 9:30am-Jenny 6:30pm-Meghan | 28 6am-Maureen 9:30am-Rene 6:30pm-Tami | 29 5:45am-Juan 9:30am-Jenny 6:30pm-Karen | 30 6am-Maureen 9:30am-Jenny 5:45pm-Meghan | 31 (Open 8am-5pm) 8:30-Juan 9:30-Juan |

INSTRUCTOR SUBJECT TO CHANGE

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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!!!



Ages: 18 & over

Class Limit: 15

Instructor: Mad Dogg Certified Spinning Instructor

Strongsville Recreation

18100 Royalton Rd
Strongsville, OH 44136
440-580-3260 x 5275
www.strongsville.org

Fitness Supervisor

ned.hamad@strongsville.org

Fitness Assistant

denise.lengal@strongsville.org

| | June-Sept | Oct-May |
|----------|------------------|----------------|
| Mon-Fri | 5am-9pm | 5am-10pm |
| Saturday | 8am-6pm | 8am-8pm |
| Sunday | 12pm-5pm | 9am-5pm |

Using a Spinning Pass

1. Participants purchase a pass in advance of the month they wish to use the pass.
2. Participants may reserve bikes for the days they would like after purchasing the pass.
3. On class day, participants must show spinning pass and get it punched at the front desk.
4. The front desk will assign a laminated color and number card for your particular class.
5. Proceed to the class and show your laminated card to the instructor. Admittance to the class will not be permitted without the card.
6. Reservations for bikes will be cancelled 5 minutes after the class starts to allow drop in participants to attend the class.
7. Passes are only good for the month listed on the pass.
8. Passes are non-transferable & non-refundable.
9. 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.
10. In the event that you are unable to attend a class that you have reserved a bike for, please call as soon as possible to cancel.
11. When classes are filled, a participant may leave their pass at the front desk, so they may be issued a number, in the event there is a “no show” for the spinning class. They may then use the bike 5 minutes after the class starts.

To accommodate all spinning participants, sign ups are limited to one class per day. If you wish to take more than one class in a specific day you may sign up for the additional class at any time on the day of the class.