

# Spin Studio

Facility Hours: Weekdays 5:30 am to 8 pm | Weekends 8 am to 5 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00-10:45 am <b>Cycling</b> Spin Studio Linda</p>	<p>5:30-6:15 pm <b>Cycling</b> Spin Studio Glenda</p>		<p>12-12:45 pm <b>Cycling</b> Spin Studio Alex</p>			<p>9-9:45 am <b>Cycling</b> Spin Studio Linda</p>

**NOTICE  
TO ALL  
MEMBERS**

This class schedule is subject to change. At this time, we cannot guarantee these classes and times will be available in the following weeks.



**Gottlieb  
Center for  
Fitness**

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## Disclaimer

- A minimum of two participants is required for the start of a class.
- It is recommended that participants arrive 5-10 minutes prior to class in order to set up and select the necessary equipment needed for class.
- A water bottle is always recommended!
- It is also recommended for new participants to cycling to arrive even earlier to class to allow ample time to set up the
- Anyone arriving late to class (after five minutes) after the class has started will not be allowed to participate. This is in respect to reduce distractions to the instructor and participants.
- Cycles are on a first come, first serve basis
- Participants are expected to inform the instructor of any injuries or limitations they may have prior to class.
- **Before, during or after class, if any participant begins to feel light headed, dizzy, nauseous or ill, please notify staff immediately!**

## Group Exercise Class Descriptions

**Cycling:** This class is designed to take participants through hill climbs, sprints and many other drills and exercises. This class is intended for intermediate and experienced exercisers.

