

Spin Studio

Facility Hours: Monday - Friday 5:30 am to 8 pm | Weekends 8 am to 5 pm

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|--|----------|--------|----------|
| | 5:30-6:15 pm Cycling Spin Studio Glenda | | 12-12:45 pm Cycling Spin Studio Alex | | | |

Updated as of:
9/5/25

NOTICE TO ALL MEMBERS

This class schedule is subject to change. All communication regarding class cancellations and changes will be sent out through the MemberMe+ app.



**Gottlieb
Center for
Fitness**

Spin Studio

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 **WILL NOT BE ALLOWED IN**. This is in respect to reduce distractions to the instructor and participants as well as member safety.
- 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.



Gottlieb
Center for
Fitness