

# FREE SPIN WEEK SEPT 13th - 19th

Call, or sign up at Front Desk. You may also request an instructor to show you individually what Spinning is all about.

**Feel Motivated**

*Best Classes in NJ*

**Feel Accomplished**

*Workouts That Work*

**Comfortable Times**

*Most Classes in NJ*

**Cut Loose**

*Private Spin Room*

**Commit**

*A Class for Your Style*

**Relax**

*Nursery Hours*

*Except 5:30 & 7:00 am*

**Free Spin Week**

**All Welcome Sept. 13-19**



**SPECIAL 15 SPINS \$49.00**

Non-Members \$59.00  
Offer Expires 9-30-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30 am Vinnie	5:30 am DUATHLON Spin/Run/Spin Candy	5:30 am Vinnie	
		8:15 am BOOT CAMP - Cathy			8:00 am Sue
9:30 am Jill	9:30 am Cathy	9:30 am Elissa	8:30 am Jill	9:30 am Jenny	9:00 am Ray
					10:15 am Elissa
4:00 pm Karen		4:30 pm KIDS SPIN & KIDS FIT Billy			
		5:30 pm Karen	5:30 pm Marci	5:30 pm Dee	<b>SUNDAY</b> 8:00 am Dee
5:30 pm Regina	6:15 pm Marci				9:00 am Marci
7:00 pm One-Time Theme Spin "GREASE" Ray					

Schedule Effective September 13-19  
for ongoing schedule ask desk, or  
visit us at [www.trfitness.net](http://www.trfitness.net)