

SPINNING

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	1/23/12
5:30am RENEE		5:30am KRISTIN		5:30am DUATHLON CANDY	8:00am SUE	
		8:15am BOOT CAMP SPIN CATHY	8:30am JILL		9:00am RAY	
9:30am JILL	9:30am CATHY	9:30am ELISSA		9:30am KRISTIN	10:00am 30 min FREE BEGINNER SPIN ELISSA	
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	<u>SUNDAY</u>	
4:00pm KAREN					8:00am DEE	
6:00pm REGINA	6:15pm MARCI	5:30pm	5:30pm MARCI**		9:00am MARCI*	

Reservations	Locations/Date
<p>732-914-9500 10 Sessions \$49.00 member 10 Sessions \$69.00 non-member</p>	<p>All classes take place in the spin room 90 MINUTES * 1st Sunday of each month ** 2nd Thursday of each month</p>