

SPINNING

Monday

5:30am
CATHY/REGINA

9:30am
JILL

Tuesday

9:30am
KRISTY

6:15pm
MARCI

Wednesday

5:30am
AMY

9:30am
JO ANN

5:30pm
KAREN

Thursday

8:30am
JILL

5:30pm
MARCI**

Friday

9:30am
DARLENE

Saturday

8:00am
SUE

9:45am
MIA

SUNDAY

8:00am
DEE

9:00am
MARCI*

7/28/18

Reservations

732-914-9500

10 Sessions \$49.00 member
10 Sessions \$69.00 non-member

Locations/Date

All classes take place in the spin room
90 MINUTES

* 1st Sunday of each month
** 2nd Thursday of each month