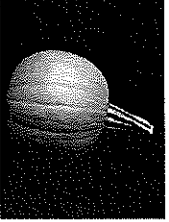


# October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
The use of a heart rate monitor is suggested in Spinning Classes		1 5:45PM-Andrea-I	2 9:00AM-Sue S-S	3	4 9:00AM-Sue H-VT	5 9:30AM-Andrea-VT
6	7 9:00AM-Sue S-VT 5:45-6:30PM-Andrea-ExS	8 5:45PM-Andrea-I	9 9:00AM-Sue S-S	10	11 9:00AM-Sue H-VT	12 9:30AM-Andrea-VT
13	14 9:00AM-Sue S-VT 5:45-6:30PM-Andrea-ExS	15 5:45PM-Andrea-I	16 9:00AM-Sue S-S	17	18 9:00AM-Sue H-VT	19 9:30AM-Andrea-VT
20	21 9:00AM-Sue S-VT 5:45-6:30PM-Andrea-ExS	22 5:45PM-Andrea-I	23 9:00AM-Sue S-S	24	25 9:00AM-Sue H-VT	26 9:30AM-Andrea-VT
27	28 9:00AM-Sue S-VT 5:45-6:30PM-Andrea-ExS	29 5:45PM-Andrea-I	30 9:00AM-Sue S-S	31	Class Descriptions are on the back of the Spinning's schedule.	E-Endurance ExS-Express Spin I-Interval S-Strength VT-Varied Terrain

**Sign up at the front desk ! Bikes/spots are limited to only 15 per class.  
Those who sign up will be guaranteed a spot over those just showing up.**