



# December 2024



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

Sign up at the front desk ! Bikes/spots are limited to only 15 per class.