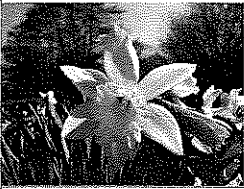
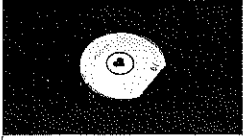


March 2025



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

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.