

OCTOBER 2016						
23	24	25	26	27	28	29
NEW Session Begins	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
NOVEMBER 2016						
30	31	1	2	3	4	5
	No classes	No classes	No classes	No classes		
6	7	8	9	10	11	12
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
13	14	15	16	17	18	19
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
20	21	22	23	24	25	26
	8:30am		8:30am	Thanksgiving Ride	Black Friday Ride	
	5:30pm	5:30pm	5:30pm			
27	28	29	30	1	2	3
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
DECEMBER 2016						
4	5	6	7	8	9	10
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
11	12	13	14	15	16	17
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
18	19	20	21	22	23	24
	8:30am		8:30am			Xmas Eve Ride
	5:30pm	5:30pm	5:30pm	5:30pm		
25	26	27	28	29	30	31
DROP IN* CLASSES	No classes		8:30am		(*Not included in session fees)	
		5:30pm	5:30pm	5:30pm		
JANUARY 2017						
1	2	3	4	5	6	7
MAKE UP WEEK	No classes		8:30am			
		5:30pm	5:30pm	5:30pm		
8	9	10	11	12	13	14
	No classes	No classes	No classes	No classes		
15	16	17	18	19	20	21
	No classes	No classes	No classes	No classes		
22	23	24	25	26	27	28
NEW Session Begins						



- 90-MINUTES SPINLATES
- 75-MINUTES SPIN, STRENGTHEN & STRETCH
- 60-MINUTES PILATES
- 60-MINUTES SPINLATES CIRCUIT
- 30-MINUTES CARDIO CORE

### Class Descriptions

**Pilates** is a no-impact workout designed to lengthen & strengthen the muscles. Concentrating on your core: abdominals, mid & lower back, shoulders, hips & thighs, this class often utilizes small props to add challenge & diversity to the exercises. The perfect complement to your current fitness program, this effective mind-body approach will give you optimal strength, flexibility & posture while creating a longer, leaner you!

**Spinlates** combines 40-45 minutes of indoor cycling with 45 minutes of Pilates for the best of both in one 90-minute class. You may come for just the spin or just the Pilates for a shorter workout.

**Spin, Strengthen & Stretch** is a calorie-blasting total body conditioning class. The first 30 minutes are done on a stationary bike. Each bike has a computer to monitor your rpm's (speed) & distance as you climb, sprint, & ride your way to fitness. This is followed by a 20 minute strength circuit for your upper body and core using a TRX, cables, dumbbells and your bodyweight. The last 20 minutes will use massage balls and foam rollers to release and stretch problem areas.

**Spinlates Circuit** is a challenging, total body conditioning class starting with high-intensity interval training done on the bike followed by a 30-minute Pilates Circuit using the Reformer, Cadillac, Wall Towers, Stability Chair, and Ladder Barrel. Some Pilates experience is recommended, but not required.

**Cardio Core** is a 30-minute circuit training class. Alternate 1 minute of cardio with 1 minute of core exercise using the bike, treadmill, Arc trainer and various props, and a short stretch at the end. Perfect for those looking for a quick, time-efficient workout.