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SPINNING ENERGY ZONES CLASS SCHEDULE

July

Fitness Incentive

157 Deer Park Avenue, Babylon NY 11702 631.587.5766 www.fitnessincentive.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7/4	7/5	7/6	7/7	7/8	7/9	7/10
	5:10a Commuter S Elle H.	5:10a Commuter S Elle H.	5:10a Commuter S Sharon D.	5:10a Commuter S Elle H.	5:10a Commuter S Elle H.	
	6:00a Strength S Sal T.	6:00a Interval S Iris G.	6:00a Strength S Iris	6:00a Endurance S Iris G.	6:00a Interval S Andy K.	
	8:15a Spin-Flex S Toni F.	7-7:30a EXPRESS 8:15a Endurance S Laurie G.	8:15a Spin-Flex S Eileen J.	8:15a Interval S Mary K.	8:15a Spin-Flex S Carmella M.	8:00a Interval S Mary K./Sue D
9:00a Strength S April M.	9:30a Interval S Mary K.	9:30a Endurance S Susan D.	9:30a Spin-Trek S Toni F.	9:30a Interval S Susan D.	9:30a Cardio Blast S Laurie G.	9:00a Endurance S Mary K./Sue D
10:00a Endurance S Stacey M.						10:00a Endurance S April M.
		4:15pm Interval S Lucy N.	4:00p Interval S Sarah H.	4:15pm Interval S Patty C.	5:00p Strength S Chris P.	
	6:00p Strength S Carmella M.	6:00p Interval S Chris P.	6:00p Interval S Carmella M.	6:00p Interval S Sal T.		
	7:00p Strength S April M.		7:00p Endurance S April M.	7-7:30p EXPRESS		
7/11	7/12	7/13	7/14	7/15	7/16	7/17
	5:10a Commuter S Elle H.	5:10a Commuter S Elle H.	5:10a Commuter S Sharon D.	5:10a Commuter S Elle H.	5:10a Commuter S Elle H.	
	6:00a Interval S Sal T.	6:00a Strength S Iris G.	6:00a Interval S Andy K.	6:00a Endurance S Iris G.	6:00a Strength S Andy K.	
	8:15a Spin-Flex S Toni F.	7-7:30a EXPRESS 8:15a Interval S Laurie G.	8:15a Spin-Flex S Eileen J.	8:15a Interval S Mary K.	8:15a Spin-Flex S Carmella M.	8:00a Endurance S Mary K./Sue D
9:00a Strength S April M.	9:30a Interval S Mary K.	9:30a Interval S Susan D.	9:30a Spin-Trek S Toni F.	9:30a Interval S Susan D.	9:30a Cardio Blast S Laurie G.	9:00a Interval S Mary K./Sue D
10:00a Interval S Stacey M.						10:00a Interval S April M.
		4:15pm Strength S Lucy N.	4:00p Strength S Sarah H.	4:15pm Strength S Patty C.	5:00p Interval S Chris P.	
	6:00p Endurance S Carmella M.	6:00p Strength S Chris P.	6:00p Endurance S Carmella M.	6:00p Interval S Sal T.		
	7:00p Strength S April M.		7:00p Interval S April M.	7-7:30p EXPRESS		
7/18	7/19	7/20	7/21	7/22	7/23	7/24
	5:10a Commuter S Elle H.	5:10a Commuter S Elle H.	5:10a Commuter S Sharon D.	5:10a Commuter S Elle H.	5:10a Commuter S Elle H.	
	6:00a Strength S Sal T.	6:00a Interval S Iris G.	6:00a Endurance S Andy K.	6:00a Race Day S Iris G.	6:00a Interval S Andy K.	
	8:15a Spin-Flex S Toni F.	7-7:30a EXPRESS 8:15a Endurance S Laurie G.	8:15a Spin-Flex S Eileen J.	8:15a Interval S Mary K.	8:15a Spin-Flex S Carmella M.	8:00a Strength S Mary K./Sue D
9:00a Endurance S April M.	9:30a Interval S Mary K.	9:30a Interval S Susan D.	9:30a Spin-Trek S Toni F.	9:30a Interval S Susan D.	9:30a Cardio Blast S Laurie G.	9:00a Endurance S Mary K./Sue D
10:00a Strength S Stacey M.						10:00a Interval S April M.
		4:15pm Interval S Lucy N.	4:00p Strength S Sarah H.	4:15pm Interval S Patty C.	5:00p Strength S Chris P.	
	6:00p Interval S Carmella M.	6:00p Interval S Chris P.	6:00p Strength S Carmella M.	6:00p Interval S Sal T.		
	7:00p Strength S April M.		7:00p Interval S April M.	7-7:30p EXPRESS		
7/25	7/26	7/27	7/28	7/29	7/30	7/31
	5:10a Commuter S Elle H.	5:10a Commuter S Elle H.	5:10a Commuter S Sharon D.	5:10a Commuter S Elle H.	5:10a Commuter S Elle H.	
	6:00a Endurance S Sal T.	6:00a Interval S Iris G.	6:00a Endurance S Andy K.	6:00a Endurance S Iris G.	6:00a Interval S Andy K.	
	8:15a Spin-Flex S Toni F.	7-7:30a EXPRESS 8:15a Endurance S Laurie G.	8:15a Spin-Flex S Eileen J.	8:15a Interval S Mary K.	8:15a Spin-Flex S Carmella M.	8:00a Endurance S Mary K./Sue D
9:00a Interval S April M.	9:30a Interval S Mary K.	9:30a Endurance S Susan D.	9:30a Spin-Trek S Toni F.	9:30a Interval S Susan D.	9:30a Cardio Blast S Laurie G.	9:00a Interval S Mary K./Sue D
10:00a Endurance S Stacey M.						10:00a Endurance S April M.
		4:15pm Interval S Lucy N.	4:00p Interval S Sarah H.	4:15pm Interval S Patty C.	5:00p Strength S Chris P.	
	6:00p Endurance S Carmella M.	6:00p Interval S Chris P.	6:00p Interval S Carmella M.	6:00p Interval S Sal T.		
	7:00p Strength S April M.		7:00p Endurance S April M.	7-7:30p EXPRESS		