

# FITNESS INCENTIVE

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## Spin Class Schedule...

Effective Date: 1/9/2012

All Levels	Beginner	Intermediate	Advanced	Limited Enrollment	Reserved	FitKids
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	<a href="#">Home</a>	<a href="#">Main Schedule</a>	<a href="#">Class Description</a>	<a href="#">Yoga Schedule</a>	<a href="#">FitKids Schedule</a>	<a href="#">Printable Spin Version</a>	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5a ▶	Spindrome	Spindrome	Spindrome	Spindrome	Spindrome	Spindrome	Spindrome
5:30 ▶	<b>Spin Express (5:10)</b>	<b>Spin Express (5:10)</b>	<b>Spin Express (5:10)</b>	<b>Spin Express (5:10)</b>	<b>Spin Express (5:10)</b>		
6 ▶	Sharon	Elle H	Sharon	Elle H	Elle H		
6:30 ▶	<b>Spin</b>	<b>Spin</b>	<b>Spin</b>	<b>Spin</b>	<b>Spin</b>		
7 ▶	Sal T	Iris G	Andy K	Iris G	Andy K		
7:30 ▶		Xpress - Carmella		Xpress - Carmella		Xpress - Carmella	
8 ▶							
8:30 ▶						<b>Spin</b>	<b>Sprint Spin</b>
9 ▶	<b>Spin (8:15)</b>	<b>Spin (8:15)</b>	<b>Spin (8:15)</b>	<b>Spin (8:15)</b>	<b>Spin (8:15)</b>	Mary K	Sharon D
9:30 ▶	Toni F	Laurie G	Eileen J	Mary K	Carmella	<b>Spin</b>	<b>Spin</b>
10 ▶	<b>Spin</b>	<b>Spin</b>	<b>Spin</b>	<b>Spin</b>	<b>Spin</b>	Sue D	April M
10:30 ▶	Mary K	Susan	Toni F	Susan D	Eileen J	<b>Spin</b>	
11 ▶						April M	
11:30 ▶						<b>FitKids SPIN</b>	
12p ▶						(ht req*) Eileen J	
12:30 ▶							
1 ▶							
1:30 ▶							
2 ▶							
2:30 ▶							
3 ▶							
3:30 ▶							
4 ▶							
4:30 ▶		<b>Spin</b>	<b>Spin</b>	<b>Spin</b>			
5 ▶		Eileen J	Sara H	Eileen J			
5:30 ▶							
6 ▶							
6:30 ▶	<b>Spin</b>	<b>Spin</b>	<b>Spin</b>	<b>Spin</b>	<b>Spin</b>		
7 ▶	Carmella	Chris P	Carmella	Michele C	Chris P		
7:30 ▶	<b>Spin</b>	<b>Spin</b>	<b>Spin</b>				
8 ▶	April M	Dawn M	April M				
8:30 ▶							
9 ▶							
9:30 ▶							
10 ▶							