



Spinning Studio Schedule

Effective March 19, 2018

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque

5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

www.jccabq.org

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	Seth 5:45 am	Steve G. SPINPower		Robin SPINPower	Rosina SPINPower		
7:15 a.m.						Robin SPINPower	Steve G. 7:15-8:30 am SPINPower
8:25 a.m.		Lolli SPINPower	Steve P. SPINPower	Jennifer SPINPower		Jennifer SPINPower	Pattie 8:45-9:45 am
9:30 a.m.	Rosina SPINPower		Lolli SPINPower		Rosina SPINPower	Debra SPINPower	
10:35 a.m.	Sherri SPINPower				Sherri SPINPower		
4:25 p.m.	Debra SPINPower	Steve P. SPINPower	Spin 101 3/14-4/18 4:25pm	Leslie			
5:30 p.m.		Debra SPINPower	Arleen SPINPower	Sarah W.			
6:00 p.m.	Lolli SPINPower						

The Spinning program welcomes participants of all fitness levels.

Spinning- Our Spin certified instructor will guide you through a steady phase focusing on cadence, RPM's and heartrate in a variety of rides, movements, coaching and motivation that keeps participants safe, excited and engaged.

SpinPower- With the innovation of power technology, you will now be able to measure your actual intensity in watts and accurate energy expenditure in kilojoules. Our certified SpinPower instructor will coach you through working zones based on your PST (personal SpinPower threshold).

Spin classes are 60-minute training sessions which consist of a proper warm up, ride, and cool down. For safety and minimal disruption, please plan to attend the entire class. Spin bikes are provided on the Fitness floor if a shorter ride is desired or needed

For more information contact Rosina Brantley, Spin Coordinator, 348-4473



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