



Spinning Studio Schedule

Effective July 9, 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. SPINPower 7:15-8:30 am
8:25 a.m.		Lolli SPINPower	Steve P. SPINPower	Jennifer SPINPower		Jennifer SPINPower	Pattie SPINPower 8:45-9:45 am
9:30 a.m.	Rosina SPINPower		Lolli SPINPower		Rosina SPINPower	Debra SPINPower	Spinning for Weight Loss 6/3-7/22 10am-12pm
10:35 a.m.	Sherri SPINPower				Sherri SPINPower		
4:25 p.m.	Debra SPINPower	Steve P. SPINPower		Leslie SPINPower	Happy Hour Spin 4:45 8/3 Debra		
5:30 p.m.		Debra SPINPower	Arleen SPINPower	Sarah W. SPINPower			
6:00 p.m.	Lolli SPINPower						

The Spinning program welcomes participants of all fitness levels.

Summer Happy Hour Spin- Last one of the summer. Enjoy a fun SpinPower ride that will motivate you through exciting music. Join Debra on Friday, August 3rd at 4:45pm.

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

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.