



Spinning Studio Schedule

Effective October 1, 2017

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. 5:30am		Robin 5:30am	Arleen 5:30am		
7:15 a.m.						Robin 7:15-8:15 am	Steve G. 7:15-8:30 am
8:25 a.m.		Lolli	Steve P.	Jennifer		Jennifer	Pattie 8:45-9:45 am
9:30 a.m.	Rosina		Lolli		Rosina	Debra	
10:35 a.m.	Sherri				Sherri		
4:25 p.m.	Rosina	Steve P.	Spin 101 9/27-11/1 Arleen & Steve	Mike Cartwright			
5:30 p.m.		Debra	Michael Conrad	Pattie			
6:00 p.m.	Lolli						

Spin 101- Every Wednesday September 27-November 1st. Attend a 45minute class with a 30minute ride. Learn proper form, bike set up and technique. Join our Spin coaches, Steve P. and Arleen for this six-week training, free to members.

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