



# Spinning Studio Schedule

Effective July 13, 2017

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque

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

[www.jccabq.org](http://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.		Mike Cartwright			
5:30 p.m.		Debra	Michael Conrad	Pattie			
6:00 p.m.	Lolli						

**Anaerobic Threshold Test-** This ride will accurately determine your personal threshold. The music will inspire you to reach your numbers. For only \$10 you will receive you results to use in your spin classes. Please register in the membership office.

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