



Spinning Studio Schedule

Effective June 19, 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 6/7-7/12 Rosina	Mike Cartwright			
5:30 p.m.		Debra	Michael Conrad	Pattie			
6:00 p.m.	Lolli						

Spin 101-Ready to get your spinning summer training? This 6 week training program will teach you proper form, bike set up, technique and the mind and body concept. Join Rosina for a 45 minute class with a 30minute ride every Wednesday at 4:25pm June 7th- July 12th. This training is FREE to members.

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



Spinning Studio Schedule

Effective June 19, 2017

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque

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

www.jccabq.org