



# Spinning Studio Schedule

Effective January 7, 2018

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. <b>SPINPower</b>	Spin 101- 6:00am 11/1-11/31	Robin <b>SPINPower</b>	Rosina <b>SPINPower</b>		
7:15 a.m.						Robin <b>SPINPower</b>	Steve G. 7:15-8:30 am <b>SPINPower</b>
8:25 a.m.		Lolli <b>SPINPower</b>	Steve P. <b>SPINPower</b>	Jennifer <b>SPINPower</b>		Jennifer <b>SPINPower</b>	Pattie 8:45-9:45 am
9:30 a.m.	Rosina <b>SPINPower</b>		Lolli <b>SPINPower</b>		Rosina <b>SPINPower</b>	Debra <b>SPINPower</b>	
10:35 a.m.	Sherri <b>SPINPower</b>				Sherri <b>SPINPower</b>		
4:25 p.m.	Debra <b>SPINPower</b>	Steve P. <b>SPINPower</b>		Mike Cartwright <b>SPINPower</b>			
5:30 p.m.		Debra <b>SPINPower</b>	Arleen <b>SPINPower</b>	Pattie			
6:00 p.m.	Lolli <b>SPINPower</b>						

**Spin 101-Beginning 1/11-1/31 6am with Cathy. Come learn the basics of the spinning program and leave well prepared to attend a full class.**

***SPINPower* is here! Do you want to know your (PST) Personal SpinPower Threshold? Attend one of these classes running the RAMP test in January.**

***Sherri-Monday 1/12 10:35am***

***Lolli-Wednesday 1/17 9:30am***

***Jennifer-Thursday 1/18 8:25am***

***Mike C.-Thursday 1/25 4:25pm***

***Debra-Saturday 1/27 9:30am***

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