



Spinning Studio Schedule

Effective May 1, 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. <i>SPINPower</i>		Robin <i>SPINPower</i>	Rosina <i>SPINPower</i>		
7:15 a.m.						Robin <i>SPINPower</i>	Steve G. <i>SPINPower</i> 7:15-8:30 am
8:25 a.m.		Lolli <i>SPINPower</i>	Steve P. <i>SPINPower</i>	Jennifer <i>SPINPower</i>		Jennifer <i>SPINPower</i>	Pattie <i>SPINPower</i> 8:45-9:45 am
9:30 a.m.	Rosina <i>SPINPower</i>		Lolli <i>SPINPower</i>		Rosina <i>SPINPower</i>	Debra <i>SPINPower</i>	
10:35 a.m.	Sherri <i>SPINPower</i>				Sherri <i>SPINPower</i>		
4:25 p.m.	Debra <i>SPINPower</i>	Steve P. <i>SPINPower</i>		Leslie <i>SPINPower</i>			
5:30 p.m.		Debra <i>SPINPower</i>	Arleen <i>SPINPower</i>	Sarah W. <i>SPINPower</i>			
6:00 p.m.	Lolli <i>SPINPower</i>						

The Spinning program welcomes participants of all fitness levels.

May 6th ride with Pattie- and continue the fun from Cinco de Mayo with a fun new playlist at 8:45am.

Spinning for Weight Loss- This 8-week program will get you in shape for the summer, stay motivated with 45min rides, professional coaching and support. Register in the membership office.

SpinPower- With the innovation of power technology, you will now be able to measure your actual intensity in watts and accurate energy expenditure in kilojoules. Our certified SpinPower instructor will coach you through working zones based on your PST (personal SpinPower threshold).

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 or needed

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



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