



Spinning Studio Schedule

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

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. If you are regular spinner perfect your technique with some basic skills.

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

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