



# Spinning Studio Schedule

Effective May 11, 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						

**2 Hour Spin- RIDE LIKE YOU MEAN IT!** Join Arleen, Randy, Sarah and Steve Parratto on May 21<sup>st</sup> 10:00-12:00pm. Get four of our great instructors in a 2Hour ride. Sign-up sheet is in the spin studio.

**Spin 101**-Ready to get your summer going? Join Rosina for a 6 week 101 Spin Training. Every Wednesday at 4:25pm June 7th- July 12<sup>th</sup>. Come for a 45 minute class with a 30minute ride and master flats, climbs and your skills.

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