



# Spinning Studio Schedule

Effective July 9, 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>		Robin <b>SPINPower</b>	Rosina <b>SPINPower</b>		
7:15 a.m.						Robin <b>SPINPower</b>	Steve G. <b>SPINPower</b> 7:15-8:30 am
8:25 a.m.		Lolli <b>SPINPower</b>	Steve P. <b>SPINPower</b>	Jennifer <b>SPINPower</b>		Jennifer <b>SPINPower</b>	Pattie <b>SPINPower</b> 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>	Spinning for Weight Loss 6/3-7/22 10am-12pm
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>		Leslie <b>SPINPower</b>	Happy Hour Spin 4:45 8/3 Debra		
5:30 p.m.		Debra <b>SPINPower</b>	Arleen <b>SPINPower</b>	Sarah W. <b>SPINPower</b>			
6:00 p.m.	Lolli <b>SPINPower</b>						

*The Spinning program welcomes participants of all fitness levels.*

**Summer Happy Hour Spin**- Last one of the summer. Enjoy a fun SpinPower ride that will motivate you through exciting music. Join Debra on Friday, August 3<sup>rd</sup> at 4:45pm.

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

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.