



Current Class Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		7:00 AM Jo	7:00 AM Jo Spin Fit*		7:00 AM Teresa	
9:00 AM Teresa	9:00 AM Heather	9:00-9:45 <i>Beginner's</i> Chandler	9:00 AM Chandler	9:00-9:45 <i>Beginner's</i> Heather		9:00 Chandler
BIKE SHOP CLOSED	BIKE SHOP CLOSED	BIKE SHOP OPEN 10-6	BIKE SHOP OPEN 10-6	BIKE SHOP OPEN 10-6	BIKE SHOP OPEN 10-6	BIKE SHOP OPEN 10-6

***Spin Fit** fuses cycling with a core workout. Cardio intervals on the bike and core fitness off the bike for an incredible workout. Using your body weight with exercises like lunges, mountain climbers, planks, ab crunches and then jumping on the bike for high speed cardio. It's a powerful 60 min workout.

\$15/drop-in; \$125 for 10-class punch card; \$225 for 20-class punch card; \$100 for monthly unlimited punch card, renewable on first of every month (plus GRT for each). *PLEASE NOTE class cards are non-refundable and non-transferable.*

Effective as of January 1, 2018

628 Old Las Vegas Highway at US 285, Santa Fe, NM 87505 (505) 466-4181