

SPINNING SCHEDULE

February 2015

MON	TUE	WED	THU	FRI	SAT	SUN
5:45 - 6:30am Spinning* Amy	5:45 - 6:30am Spinning* Tanya		5:45 - 6:30am Spinning* Rosa	5:45 - 6:30am Spinning* Caitlin		
9:15 - 10:10am Spinning* Donna	9:15 - 10:10am Spinning* Patti	9:15 - 10:10am Spinning* Tanya		9:15 - 10:10am Spinning* Donna	8:00 - 8:55am Spinning* Claudia	
		10:30 - 11:25am Spinning* Donna	10:30 - 11:15am Spinning* Jamie		10:30 - 11:15am Spindurance* Cecilia	10:00 - 10:55am Spinning* Helen
	5:30 - 6:15pm Spinning* Donna	5:30 - 6:15pm Spinning* Donna	5:30 - 6:15pm Spinning* Jamie	5:30 - 6:15pm Spinning* Helen		
6:30 - 7:15pm Spinning* Caitlin	6:30 - 7:15pm Spinning* Cecilia	6:30 - 7:15pm Spinning* Patti				
	8:00 - 8:45pm Spinning* Rosa		8:00 - 8:45pm Spinning* Rosa			

All spin classes require a reservation

Shaded classes are off peak

1000 East Boston Post Road
Mamaroneck, NY 10543
914.670.0600 • healthyfit.com

Mon - Thu 5am-10pm • Fri 5am-9pm • Sat & Sun 7am-7pm



SPINNING SCHEDULE

SPINNING

An intense cardio workout on an indoor stationary bike. Group motivation and music will help you burn away fat and calories!

SPINDURANCE

An intense all terrain ride working strength and stamina with long series of hills and endurance challenges.

No cell phone use is permitted in Spinning Classes!

At the end of class, please raise your seat and handlebar to their highest level and wipe the posts down with a dry towel. Use wet wipes to clean non-metallic surfaces only.

Classes averaging fewer than 10 participants may be dropped in future months.

There is a 2-minute forfeiture policy for all classes requiring reservation. If you are not present 2 minutes before class start time, your spot is forfeited. We will fill the open spot on a “first come, first served” basis with priority given to members on the waitlist.

Reservations can be made as early as 5:00am 2 days in advance at the front desk.
Check in is required. No-shows will be charged \$25.