

Times (EDT)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am							
6:00am							
7:00am	@ 7am (45 mins)	@ 7am		@ 7am		@ 8am Beach GT w/ Katie	
8:00am	w/ Katie, 10 seats	w/ Katie, 15 spots		w/ Katie, 15 spots	@ 8am	NB Public Beach, 25 spots	
9:00am					w/ Abby, 10 seats	@ 9am	
10:00am						w/ Nicole, 10 seats	
11:00am						@ 11am	@ 11am
12:00pm						w/ Abby, 10 seats	w/ Abby, 10 seats
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
6:30pm		@ 6:30pm	@ 6:30pm (45 mins)	@ 6:30pm			
7:00pm		w/ Katie, 15 spots	w/ Katie, 10 seats	w/ Katie, 15 spots			
7:30pm							
8:00pm							

KEY
Spin Cycle
Group Training

Maximum of 10/Minimum of 2 Participants - Pedals are Strap/SPD Compatible

Maximum of 15/Minimum of 2 Participants - Class is partially outdoors, please dress accordingly

Dates/Details 8/1/18-8/31/18

Towels are Provided & Available for Purchase

We have a Water Cooler on Site, please bring your own bottle or purchase one at the Front Desk

Cost Members: \$10 per class or 12 classes for \$100 Non-Members: \$15 per class or 12 classes for \$150

Online Registration is Required, Walk-Ins will only be Accepted if Space is Available

You can Book or Cancel a Class Online up to One Hour before the Class Time

Classes will begin promptly and Require 1 hour Notice for Cancellation, otherwise they are Non-Refundable

Packages Never Expire, and can be Shared with other people (Including Non-Members and Kids 12+ yrs)