

Harry L. Coomes Recreation Center

Spinning Class Schedule July/August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cycle Mania 6 – 7 pm	19 Spin-Tuition 8:15 – 9 am	20 Energy Zone 10:30 – 11:15a Cycle Mania 6 – 7 pm	21 Spin-Tuition 8:15 – 9 am	22 Hot Wheels 9:15 – 10:15 am	23 The Peloton 8:15 – 9:15 am
24	25 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cycle Mania 6 – 7 pm	26 Spin-Tuition 8:15 – 9 am	27 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cycle Mania 6 – 7 pm	28 Spin-Tuition 8:15 – 9 am	29 Hot Wheels 9:15 – 10:15 am	30 The Peloton 8:15 – 9:15 am
31	1 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cycle Mania 6 – 7 pm	2 Spin-Tuition 8:15 – 9 am	3 Energy Zone 10:30 – 11:15a Cycle Mania 6 – 7 pm	4 Spin-Tuition 8:15 – 9 am	5 Hot Wheels 9:15 – 10:15 am	6 The Peloton 8:15 – 9:15 am
7	8 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cycle Mania 6 – 7 pm	9 Spin-Tuition 8:15 – 9 am	10 Energy Zone 10:30 – 11:15a Cycle Mania 6 – 7 pm	11 Spin-Tuition 8:15 – 9 am	12 Hot Wheels 9:15 – 10:15 am	13 The Peloton 8:15 – 9:15 am
14	15 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cycle Mania 6 – 7 pm	16 Spin-Tuition 8:15 – 9 am	17 Energy Zone 10:30 – 11:15a Cycle Mania 6 – 7 pm	18 Spin-Tuition 8:15 – 9 am	19 Hot Wheels 9:15 – 10:15 am	20 The Peloton 8:15 – 9:15 am

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MUST OBTAIN FITNESS PASSES FROM FRONT DESK IN ORDER TO PARTICIPATE IN CLASSES

\$6.00 MEMBERS / \$12.00 NONMEMBERS FOR 6 PASS CARD

Fitness Instructors / Group Descriptions listed on back

******Classes WILL begin at times listed; participants should arrive for classes 5 – 10 minutes early in order to be prepared to begin on time***

Spin classes are limited to 10 participants. Room is available for those 16 yrs and older during times that classes are not scheduled. Towels and water are recommended.

Energy Zone (Laryssa Turley)

Get in the zone with this 45 minute class that will take you through climbs, jumps, sprints and more!!! An energy boost to get you through your day!!! Suitable for all fitness levels

Spin-Tuition (Nicki Honaker)

Wake up your senses with motivating music, while you jump start your heart with a blast of climbs, sprints and more!!! A class that is sure to leave you feeling recharged for the rest of the day!!! Suitable for all levels.

Cycle Mania (Lee Britton)

An hour of spinning with a variety of twists and turns in pace and intensity as well as keeping in rhythm with the newest releases.

The Peloton(Lee Britton)

Join the group of cyclists as you make adjustments in response to riders around you. A class designed to push cyclists to their leading edge to finish the workout.

Sunrise Spin (Libby Stokes)

Set your alarm early for this class that is guaranteed to start your day with a positive spin!! ". Suitable for any fitness level.

Hot Wheels (Julie Rutherford)

Okay – there are no wheels – but PLENTY of heat. Intervals, climbs, sprints, jumps and who knows what else. Bring water, a towel and lots of energy!!!

Spin Instructors

Lee Britton, Libby Stokes, Matt Hale, Nicki Honaker, Laryssa Turley, Anna Broyles, Julie Rutherford

Passes for next cycle available the sixth week of each cycle

IF THE COOMES RECREATION CENTER STAFF CAN BE OF ANY ASSISTANCE IN SCHEDULING CLASSES OR WITH INFORMATION, PLEASE
CALL 276-623-5279