


SRSRC and **Fit-X San Diego** present:

SPIN

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning Classes	8:30-9:15 am Spin <i>With: Jamie</i>	9:30-10:15 am Spin <i>With: Yoshi</i>	6:05-7:00 am Zen Spin <i>With: Shauna</i> 10:15-11:15am Spin Plus Abs <i>With: Shauna</i>	6:05-7:00am Pump and Pedal <i>With: Yoshi</i>	7:00-7:45 am Spin <i>With: Jamie</i> 10:30-11:30am Spin Plus Abs <i>With: Shauna</i>	7:00-7:45 am Spin <i>With: Yoshi</i> 10:15-11:15am Spin Plus Abs <i>With: Shauna</i>	No Classes Sunday 5/13 Mother's Day
Evening Classes	4:15-5:00pm Spin <i>With: Jamie</i>	7:15-8:10pm Spin <i>With: Kathi</i>	5:00-6:00pm Spin <i>With: Jamie</i>	4:15-5:00pm Spin <i>With: Jamie</i> 7:15-8:10pm Spin <i>With: Kathi</i>			3:00-3:50pm Spin <i>With: Jamie</i> 4:00-5:00pm Spin <i>With: Jamie</i>
CLASS			CLASS DESCRIPTION				
Spin			Spin is an intense athletic cardiovascular training class performed on a stationary bike. Bikes MUST be reserved the day prior to class				
Spin Plus Abs			Add an Ab workout to your spin training for an excellent core workout				
Pump and Pedal			Push your body and take your workout to the next level with this spin and strength combo. No reservation needed				
Zen Spin			The perfect blend of 30 minutes on the bike followed by a series of Yoga or Pilates.				

Participation Procedures:

These classes are **FREE!** Please bring a sweat towel and water bottle to class!
Bikes must be reserved Please call the front desk the day prior to class anytime after 7:30am. Only one bike can be reserved per person.

General Information:

If you have never taken a Spin class before, **please arrive early and inform the instructor** prior to class and they will give you general bike operation information. If you have any pre-existing injury or condition, please inform your instructor prior to class.



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, and select "Service Site" and click on site logo.
 Contact your Fit-X San Diego fitness coordinator
 Heidi Verner at 858-715-8611 or heidi@fitxsandiego.com.

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