

Summer Spin Schedule 2010

May 1st-Sept 6th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Monday Morning Movers 5:30 am		Begin with Spin 5:30 am		TGIF Spin 5:30 am	
		Dynamic Distance 9:15 am				
	Weekend Recovery Noon	Spin This Noon	Power Up with Pam Noon	Kill 'ya Cecilia Noon	Strong & Steep Noon	
	Spin Zone 5:30 pm	Rhythm Ride 5:30 pm		Movin' Mountains 5:30 pm		