

SPINNING CLASSES

June / July

SUNDAY

Spin circuit “Sp-or-tch” Spin/Core/Stretch

8:45 AM-9:40 AM -Marty

Sun. 6/11 - 8/6*

\$49 Members/ \$73 Nonmembers

TUESDAY

Spin & Strength 5:30pm-6:25 PM -Julie

35-40 minute Spin followed by 10-15 minutes strength training off the bike

Tues. 6/6 – 8/1 *8 week session, No class on 7/4

\$44 Members/ \$65 Nonmembers

THURSDAY

Spinning 5:00-5:50 PM -Julie

Thurs. 6/8 - 8/3

\$49 Members/ \$73 Nonmembers

FRIDAY

Cycle & Pump 11:30 AM-12:20 PM -Julie

50 minute Spin class infused with light resistance training

Fridays 6/9 - 8/4

\$49 Members/ \$73 Nonmembers

SATURDAY

Spin & Stretch 8:30 AM-9:20 AM - Julie

40 minute Spin followed by 10 minutes of Stretching

Sat. 6/3 - 7/29

\$49 Members/ \$73 Nonmembers

9 -week session option

Each 9-week session is \$49 Members/
\$73 Nonmembers.

(works out to be \$5.44 per class members/ \$8.11 per class
nonmembers)

*Deadline to register is the first day of class.

There is no pro-rating.

Punch card or drop in options available

Drop In: \$8 member / \$12 nonmember

**Remember to bring a water bottle &
towel to class**

Nilesfitness.com

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