

TECUMSEH-REV

Indoor Cycling Upstairs

Effective February 6th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am TAMARA		6:00 am ALYSHA		6:00 am ASHLEY		
9:15 am GOSKA	9:30 am ANDRE G.	9:30 am MIMMA	9:30 am BO	9:30 am REV 101 MIMMA	9:00 am ANDRE P./ ANTHONY	
					10:15 TAMARA	10:00 am ANDRE P./ BO
12:10-12:50 REV Express ALYSHA				12:10-12:50 REV Express ALYSHA		
5:30 pm RYAN A.	5:30 pm BO	5:30 pm RYAN A.	5:30pm BO	5:30pm ANDRE P.		
6:30 pm RYAN A.	6:30 pm SORRY, NO INSTRUCTOR AT THIS TIME	6:30 pm TAMARA	6:30 pm DANA			

101 Designed for any new or first time spinners. Spin 101 offers direction on proper bike set up, and pedaling technique, with a gradual increase to the intensity of the class

Metal REV This class is loud! Spin to the thrashing sounds of heavy metal . Warning: Lyrics may contain profanity.

REV A fantastic heart pumping workout. Taught on a stationary bike you will climb, sprint, and train to incredible music and extraordinary instruction.

REV Express Get 45 minutes of heart-pumping cardio along with a warm-up and cool-down in the Express class

Classes are 55 minutes in length, unless otherwise stated.

INDOOR GROUP CYCLING SIGN-UP RULES (Effective April 2011)

- 1) Participants must sign-up outside of the studio prior to the start of the class.
- 2) Sign-ups will begin 1 hour before the class begins.
- 3) Participants have to be in the club when they sign up, and, for example, cannot stop in before work to sign up for an evening class.
- 4) Participants cannot phone ahead to reserve a spot.
- 5) The instructor will perform a roll call at the start of the class.
- 6) Please be on time. If a bike is empty 5 minutes into the class, it is considered available and another participant may join the class without signing up. Please inform the instructor of your whereabouts, whether you are filling your water bottle or getting a towel, or your bike will be filled by another participant.

If you are serious about spinning, it is recommended that you purchase a pair of spinning shoes with clips that attach the shoe to the bike pedal. The shoes will make your spinning experience more comfortable and effective.