



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

6:00am - 6:45am

**Spin with** Krista

Spin with Krista

6:45pm - 7:30pm

Spin with Esther

Spin with Esther



**Spin with Krista** – Join her for an early morning class held Tuesdays and Thursdays in the gym. This will be an intense 45 minute class of pure cardio. Krista will lead you through a course of jumps, hills, and sprints as you blast fat and build strength! Bikes are first come, first serve. Bring a hand towel and bottle of water. Open to all fitness levels.

**Spin with Esther** – Join Esther for spin class held Monday and Wednesday evenings in the gym. Be prepared to sweat! This will be an intense 45 minute class of pure cardio. Esther will lead you through a course of jumps, hills, and sprints as you blast fat and build strength! Bikes are first come, first serve. Bring a hand towel and bottle of water. Open to all fitness levels.

**\*\* Note \*\*** It is mandatory to sign in at the front desk with your membership card before attending classes. Thank you.





