

Spin Classes

January 9th—April 27th, 2012

Keiser indoor cycling is an excellent cardiovascular workout, providing the same health & weight management benefits as other aerobic activities. It is particularly versatile because it's a low-impact activity, excellent for athletes who want cross training, post-rehab, pre/postnatal women, people with overuse injuries, back pain or arthritis and for people who are training for a specific sport that requires cardiovascular endurance & strong legs.

Individuals set their own pace & classes are excellent for all fitness levels. A warm-up, various interval drills, cool down and stretch are incorporated into a single Keiser Indoor Cycling Class.

Experience the smooth quiet ride of the Keiser while working through hills, sprints, climbs and whatever else the cycle trail has in store... all while in the air conditioned MP room.

Please bring a water bottle to class!

EVENING SPIN **WEDNESDAY 1830-1930**

GET A KICK START IN THE MIDDLE OF THE WEEK WITH 60 MINUTES ON THE KEISER M3 SPIN BIKES. COME JOIN THE RIDE- ONE OF OUR MOST POPULAR CLASSES, YOU'LL BE SURE TO GET A GREAT WORKOUT!

INSTRUCTOR: SHARLA JOHNSON



Early Bird Spin **Monday 0615-0700**

Start your day off right and wake up your body with this early morning cycle! A great start of the week workout to get you going!

Instructor: Brandi Sheppard



Fitness Class Prices

Military no charge

Drop In:

CRA Member \$2.50

Non Member \$5.00

10 Punches:

CRA Member \$18.00

Non Member \$40.00

20 Punches:

CRA Member \$30.00

Non Member \$80.00



Sprint Spin **Friday 1215-1245**

Get a kick start to your weekend with 30 minutes on the Keiser M3 spin bikes. This quick 30 minute ride will give you an energy boost you can ride through the afternoon and into the weekend!

Instructor: Brandi Sheppard



MINIMUM 3 PARTICIPANTS