

SPINNING**YGROUP EXERCISE**

We build strong kids, strong families, strong communities.

SPINNING**Downtown Branch July 2011 SPINNING® Energy Zone**

Members riding for the first time are asked to arrive early so that the instructor can assist with bike set up.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30a 30/30/30 12:05p Interval	2 9:45a Interval
4 Happy 4th of July!	5 5:30a Inst. Choice 12:05p Endurance 5:30p Interval	6 5:30a Interval 12:05p Strength 5:30p Strength	7 5:30a Strength 12:05p Interval 5:30p Endurance	8 5:30a 30/30/30 12:05p Inst Choice	9 9:45a Strength
11 5:30a Endurance 12:05 Inst. Choice 5:30p Interval	12 5:30a Interval 12:05p Strength 5:30p Endurance	13 5:30a Strength 12:05p Inst Choice 5:30p Interval	14 5:30a Inst Choice 12:05p Endurance 5:30p Inst. Choice	15 5:30a 30/30/30 12:05p Interval	16 9:45a Inst. Choice
18 5:30a Interval 12:05p Strength 5:30p Inst Choice	19 5:30a Endurance 12:05p Interval 5:30p Strength	20 5:30a Inst Choice 12:05p Endurance 5:30p Endurance	21 5:30a Interval 12:05p Inst Choice 5:30p Strength	22 5:30a 30/30/30 12:05p Endurance	23 9:45a Strength
25 5:30a Endurance 12:05p Interval 5:30p Endurance	26 5:30a Strength 12:05p Endurance 5:30p Interval	27 5:30a Interval 12:05p Interval 5:30p Strength	28 5:30a Endurance 12:05p Strength 5:30p Inst Choice	29 5:30a 30/30/30 12:05p Strength	30 9:45a Endurance

The door to the SPINNING® Center is unlocked before class begins. Towels and/or water bottles cannot be used to save bikes.

