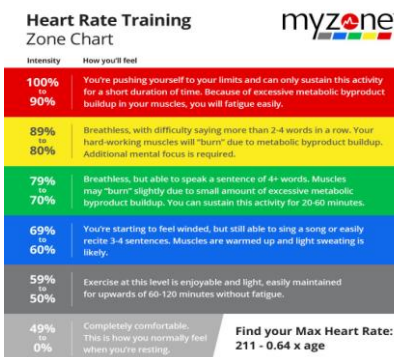


SPIN SCHEDULE

Updated 11/13/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00a Diana Schmitt	8:00 - 9:00a Lisa Bachnik MYZONE	6:00 - 7:00a Mark Farrell	8:00 - 9:00a Barbara Hubatkova	6:00 - 7:00a Diana Schmitt	8:00 - 9:00a Hal Coxon	9:15 - 10:15a Hal Coxon
8:00 - 9:00a Sue Cehovic	9:00 - 10:00a Jane Webb	8:00 - 9:00a Lisa Bachnik	9:00 - 10:00a Sue Cehovic	8:00 - 9:00a Lisa Bachnik		
9:00 - 10:00a Barbara Hubatkova	10:30 - 12:00p Diana Schmitt PEDALING FOR PARKINSON'S	9:00 - 10:00a Barbara Hubatkova		9:00 - 10:00a Diana Schmitt		
				10:30 - 12:00p Diana Schmitt PEDALING FOR PARKINSON'S		
EVENING CLASSES						
6:00 - 7:00p Melody Vasbinder						



MYZONE SPIN - Instructor will incorporate preprogrammed MYZONE templates to construct two 30 minute classes. Participants will have the opportunity to monitor their progress through each class, with their MYZONE heart rate monitor. Participants will be able to challenge themselves to stay within their Heart Rate Zone and earn percentage points, as well as track calories, and MEP's earned. A MEP is a MyZone Effort Point. *Do you need to have a MYZONE heart rate monitor to participate in this class? **The answer is NO!** The instructor will construct the class to bring everyone's heart rate up when needed through different techniques (i.e. pace, resistance,*

MYZONE Technology - See MYZONE info sheet on opposite side.