

SPINNING FALL SCHEDULE

Esic Center Only



SPINNING

FULL PRIVILEGE MEMBERS: \$5/CLASS • 11 FOR \$50 • UNLIMITED MONTHLY PASS \$55
BASIC MEMBERS: \$7/CLASS • 10 FOR \$70 | NON-MEMBERS: \$9/CLASS • 10 FOR \$90

SCULPT N' SPIN

7-WEEK SESSIONAL CLASS
MEMBERS: \$105 • NON-MEMBERS: \$150

PLEASE ARRIVE 15 MIN. EARLY FOR 1ST CLASS TO ALLOW FOR PROPER BIKE SETUP

ALL SPINNING® CLASSES ARE PRE-PAID

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPINNING 6:00 - 6:45am PATTY	SPINNING 6:00 - 6:45am JODI	SPINNING 6:00 - 6:45am ANN	SPINNING 6:00 - 6:45am JODI	SPINNING 6:00 - 6:45am PATTY	
SCULPT & SPIN 8:00-9:15am		SCULPT & SPIN 8:00-9:15am		SCULPT & SPIN 8:00-9:15am	
SCULPT & SPIN 8:30-9:45am		SCULPT & SPIN 8:30-9:45am		SCULPT & SPIN 8:30-9:45am	SPINNING 8:30 - 9:55am TBA
	SPINNING 9:30 - 10:15am LIZ		SPINNING 9:30 - 10:15am ANN		
				SPINNING 10:00 - 10:45am LIZ	
SPINNING 6:00 - 6:45pm TBA	SPINNING 6:00 - 6:45pm LAUREN	SPINNING 6:00 - 6:45pm TBA	SPINNING 6:00 - 6:45pm MONICA		



SPINNING® BIKE RENTAL

Looking for a chance to ride outside of the SPINNING® class schedule? Now's your chance! At selected times each day you are able to rent a bike and create your workout utilizing the Spinner BLADE. To rent a SPINNING® bike you have to be a Full Privilege Member and go through a SPINNING® orientation (by appointment only). To set up an orientation or for more details on renting a spinning bike, please call the Esic Fitness Center at 618.656.0436.

DAILY RENTAL FOR \$7 OR MONTHLY RENTAL FOR \$20.