

# SPINNING WINTER/SPRING SCHEDULE

## Niebur (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 1<sup>ST</sup> 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 LAUREN	SPINNING 6:00 - 6:45am PATTY	
SCULPT & SPIN 8:00 - 9:15am 8:00-8:30am:Spin 8:30-9:15am:Sculpt		SCULPT & SPIN 8:00 - 9:15am 8:00-8:30am:Spin 8:30-9:15am:Sculpt		SCULPT & SPIN 8:00 - 9:15am 8:00-8:30am:Spin 8:30-9:15am:Sculpt	
SCULPT & SPIN 8:30 - 9:45am 8:30-9:15am:Sculpt 9:15-9:45am:Spin		SCULPT & SPIN 8:30 - 9:45am 8:30-9:15am:Sculpt 9:15-9:45am:Spin		SCULPT & SPIN 8:30 - 9:45am 8:30-9:15am:Sculpt 9:15-9:45am:Spin	SPINNING 8:30 - 9:55am TBA
	SPINNING 9:30 - 10:15am LIZ		SPINNING 9:30 - 10:15am ANN		
				SPINNING 10:00 - 10:45am MONICA/ANN	
SPINNING 6:00 - 6:45pm ANN	SPINNING 6:00 - 6:45pm LAUREN	SPINNING 6:00 - 6:45pm ANN	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.**