

Newport Athletic Club Spinning Schedule

Effective April 1, 2012

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|-----------------------------|---------------------------------|---------------------------|----------------------------|----------------------------|------------------------------|----------------------------------|
| 6:05 AM | | Instructor Choice - Jim | | All Terrain Journey - Barb | | | |
| 7:15 AM | | | | | | All Terrain Journey - Joanne | |
| 8:00 AM | Instructor Choice - Beth | All Terrain Journey - Christine | Instructor Choice - Beth | Instructor Choice - Tracy | All Terrain Journey - Gail | | Instructor Choice - Kathy L |
| 8:30 AM | | | | | | Spinnervals - Kathy H | |
| 9:15 AM | All Terrain Journey - Tracy | Mountain Madness - Kathy L | Instructor Choice - Tracy | All Terrain journey - Beth | Mountain Madness - Kathy H | | Instructor Choice - Kathy H/Gail |
| 10:30 AM | | | | | | Instructor Choice - Beth | |
| 5:00 PM | | | | | | | All Terrain Journey - Nicolette |
| 5:45 PM | All Terrain Journey - Jim | Mountain Madness - Kathy H | Spin & Core - Barb | Instructor Choice - Jim | | | |
| 7:00 PM | | Spinnervals - Nicolette | | | | | |

* Introduction To Spinning by Apt Only. Sign up at front desk.

Certified Spinning Instructors: **Jim Lilley, Barb Gradley, Kathy Harrington, Kathy Lavigueur, Gail St. Jacques, Christine Grande, Tracy Walker, Beth Kerr, Nicolette Bastien, Joanne Peacock**

Sign ups and other information:

- Please come prepared with a water bottle and towel
- Reservations are suggested to reserve a bike during the 8:00 and 9:15 time slots and on weekends.
- Reservation sheets are located at the front desk.
- On Saturday and Sunday mornings the bikes will be given out 10 minutes before class starts to those on the stand by list. All other time slots are on first come first served basis.
- If it is your first spinning class please show up at least 15 minutes early so the instructor can get you set up properly.
- Reservations for bikes will be taken 5 Days in Advance
- Please call to cancel your reservation as early as possible if you cannot make a class

More information at <http://www.newportathleticclub.com/spinning.html>

Class Descriptions

All Terrain Journey - Some flat roads, some hill climbs, a little bit of anything. Your instructor will lead you on a journey that will challenge and inspire you.

Spinnervals - Periods of high energy followed by active recovery. Challenge yourself to get your HR up in this high intensity ride.

Mountain Madness - Climbing builds strength. Turn up the resistance and feel the burn. Climb hard, ride strong!

Instructor's Choice - You never know what your instructor has in mind for this ride. Open your mind and take the challenge.

Spin/Core - A strong core will improve your performance on the bike. This class starts with a powerful ride on the spin bike and finishes with core work on the mats.