

At these hour long spin sessions, you will find a friendly and motivating atmosphere!

These classes cater to the beginner, intermediate and advanced cyclist.

Classes will feature cardio and some core training for a well-rounded workout.

Get Active

Stay Active

Reasons for joining a Spin Class:

- **Stay in shape for the cycling season**
- **Improve your cardio**
- **Work on essential riding techniques**
- **Enjoy the motivation of the group**
- **Eliminate getting used to the saddle this spring**



**FOR MORE INFORMATION
PLEASE CALL A&L**

204.727.5817

201 Rosser Avenue

**A&L
SPIN
STATION**

Instructor-led Training



Group Atmosphere! Music! Spinning!

**Fluid Trainers
Available For Your Use
At No Extra Charge**

Your Classes Are:

Mondays 6:15-7:15 pm

Wednesdays 6:15-7:15 pm

Please Note:

There are no make-up classes

Come between at least 15 minutes prior to your class to set up your bike and warm-up. Doors lock at 6:10 pm.



Par-Q Form Completed:

Total Due: _____ **Paid:** _____

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

SESSION

Mondays **Wednesdays**

Weeks of Nov 6 - Dec 11 6 weeks

1 day/week \$50

2 days/week \$85

Week of Jan 8 - Feb 12 6 weeks

1 day/week \$55

2 days/week \$85

Week of Feb 21 - April 2 4 weeks

1 day/week \$35

2 days/week \$60

**Drop-in \$10 per session if room is available.
Please call ahead.**

Bike storage is
available on site

What To Bring:

- Bicycle**
- Water Bottle**
- Cycling Clothes & Shoes**
- Towel**
- Smooth Rear Tire**
- Lots of Energy**

