



SPIN & Stride Schedule Summer

Armonk

Effective July 5, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	5:30am SPIN Bridget B.	SPIN Bridget B.		SPIN Karen L.	6:00am STRIDE* Jessica S.		
7:30am	6:00am STRIDE* Dan N.	SPIN X-PRESS 45 minutes Ellen P.		SPIN Bridget B.		7:00am SPIN* Emily G.	
8:15am	8:30am SPIN* Mary T.		8:30am SPIN* Lisa G.		SPIN* Gina R.	SPIN* Karen L.	SPIN* Gina R.
9:00am		STRIDE* AJ				STRIDE* AJ	STRIDE* Kevin C.
9:30am	STRIDE* Jamie S.		10:00am STRIDE* Dan N.		STRIDE* Jessica S.	9:35am SPIN* Ellen P.	
9:30am	9:45am SPIN* Karen L.	SPIN* Lisa G.	9:45am SPIN* Mary T.	SPIN* Robin L.	SPIN* Kari J.	10:00am STRIDE* Dan N.	SPIN* Robin L.
12:15pm	SPIN Mary T.		SPIN Ellen P.				
6:00pm	SPIN Rick S.		SPIN Mary T.				
6:30pm		SPIN PJ		SPIN Tony T.			
7:30pm	SPIN Seth W.		SPIN Seth W.				

THE GYM, Armonk
99 Business Park Drive
Armonk, NY 10504
(914) 219-1601

www.GetToTheGym.com

Club Hours:

Monday-Thursday 5:00am-10:00pm
Friday 5:00am-9:00pm
Saturday 6:00am-5:00pm
Sunday 7:00am-4:00pm

Playroom Hours:

Sunday-Friday 8:00am-1:30pm
Saturday 7:30am-1:30pm
Tuesday-Friday 3:00pm-7:30pm
Monday 1:30pm-7:30pm

SPIN is a cardio-respiratory workout appropriate for all levels. Classes are 55 minutes long. In order to be properly situated on the SPIN bike, it is required that all participants arrive 10-15 minutes before the beginning of each class. With the exception of the SPIN room, SPIN shoes are not allowed anywhere in the facility. "Stride" is a 45 minute cardio class taught on the treadmill. Participants follow the instructor's verbal cues as to when to increase the speed and/or incline in order to keep them in their proper target heart rate zone.

* = Indicates that it is a sign-up class. Members must sign-up at the front desk on the day of the class.



The Gym's Etiquette

In order to make your Group Fitness experience at The Gym both safe and enjoyable, we request that all class participants participate in the warm-up by entering the class ON TIME.

Attire

To ensure an effective workout, all members are asked to wear proper workout attire and sneakers. Please, no jeans, boots or sandals during class participation. With the exception of the SPIN room, SPIN shoes are not allowed anywhere in the facility.

With the exception of the Soft Studio, bare feet are not allowed as well.

***In addition, cell phones, gym bags and coats are not allowed anywhere in the facility.
Juice bar/Lobby area only***

Please be Courteous

Please be certain to arrive 10-15 minutes prior to all classes in order to have proper set-up. Failure to do so may also result in the loss of your spot, as it may be given away to the next person.

Lastly, we appreciate your support in helping us make your experience at THE GYM a truly unique and pleasurable one.

Substitution Hotline

Check out the substitutions for the day on our new Sub Hotline updated daily: Dial: 914-219-1604