



Spin & Stride Winter

Armonk - Effective January 9, 2012

Sign up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am SPIN Bridget B.	6:15am Race Training Jen C.	5:45am SPIN Fusion Marie M. 45 min	6:15am SPIN Karen L.	5:45am SPIN Fusion Marie M. 45 min	7:00am SPIN* Bridget B.	
	6:00am STRIDE Dan N.	7:30am SPIN* Lisa G. 45 min		6:00am STRIDE Dan N.	8:15am SPIN* Karen L.	8:15am SPIN* Gina R.
8:30am SPIN* Mary T.	7:30am SPIN Bridget B.	8:30am SPIN* Lisa G.	7:30am SPIN Bridget B.	8:15am SPIN* Gina R.	9:30am SPIN* Les M.	9:00am STRIDE* Rhonda H.
9:30am STRIDE* Robin L.	8:00am STRIDE* Dan N.	9:45am SPIN Penny G.	9:00am STRIDE* Declan F.	9:30am SPIN* Marie M.	10:00am STRIDE* Dan M.	9:30am SPIN* Robin L.
9:45am SPIN* Karen L.	9:30am STRIDE X-treme* Rhonda H.	10:00am STRIDE* Dan N.	9:30am SPIN Fusion* Robin L.	9:30am STRIDE* Robin L.	10:45am SPIN Dianne F.	
12:15pm SPIN Mary T.	9:30am SPIN* Lisa G.	12:15pm SPIN Ellen P.		12:15pm SPIN Fusion Robin L.	<p>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 Child Care Hours: Sunday - Friday 8:00am - 1:30pm Saturday: 7:30am - 1:30pm Monday- Thursday- 3:00pm - 7:30pm Class Levels: Level 1 = Beginner Level 2 = Intermediate Level 3 = Advanced SUB HOTLINE: (914) 219-1604</p>	
3:30pm Teen Spin Jamie G. Fee Based Ages 11-16	3:30pm Teen Stride/Kinesis Jamie G. Fee Based Ages 11-16	3:30pm Teen Spin Jamie G. Fee Based Ages 11-16				
6:00pm SPIN Carol Anne P.		6:00pm SPIN Gina R.				
	6:30pm SPIN Mary T.	6:00pm STRIDE Rhonda H.	6:30pm Race Training Tony T.			
7:30pm SPIN Seth W.		7:30pm SPIN Seth W.				



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 take part in the

All classes marked with an asterisk (*) require sign-up the day of the indicated class, in person.

All TEEN CLASSES ARE FEE-BASED. \$15.00 PER CLASS.

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

IN ADDITION, CELL PHONES, GYM BAGS AND COATS ARE NOT ALLOWED ANYWHERE IN THE FACILITY.

Juice bar/Lobby 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. We appreciate your support in helping us make your experience at THE GYM a truly unique and a pleasurable one.

SPIN: Cardio-respiratory workout appropriate for all levels of fitness. Classes are 55 min long unless noted on the schedule.

SPIN Fusion: Spin class with intervals of light weight training using controlled movements. Classes are 55 min long unless noted on the schedule.

RACE TRAINING: Come and train indoors for your outdoor race in the off-season. The instructor will incorporate the training you will need to get through the winter. Non-Racers welcome.

STRIDE: 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.

STRIDE X-TREME: 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, with added intervals of bands and/or weights.

OUR BIKES USE SPD CLIPS.