



Spin Schedule Spring

ENGLEWOOD
Effective April 9, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	SPIN Jenn	SPIN Shira	5:30am SPIN Joanne	SPIN Jenn	SPIN Jules	7am SPIN Jenn	7am SPIN Jules
8:00am	8:20am SPIN Shira	SPIN Pam	8:20am SPIN Nurit	SPIN T H E	SPIN Pam	8:15am SPIN Marie	8:15am SPIN* Nurit
9:30am	SPIN* Lisa B.	SPIN* Scott	SPIN* Hollye	G Y M SPIN Jerome	SPIN* Cheri	9:30am SPIN* Scott	9:30am SPIN* Andrew
12:15pm	30 Minute SPIN X-press Nurit		30 Minute SPIN X-press Levar			10:45am SPIN Jenn	10:45am SPIN Jenn
6:00pm		SPIN LJ			5:30pm Pump-n-Ride Jenn		
6:30pm	SPIN Pam		SPIN Marie	SPIN Mina			
7:30pm		SPIN Abe	SPIN Levar				

The Gym of Englewood
20 Nordhoff Place
Englewood, NJ 07631
(201) 567-9399
www.GetToTheGym.com

Club Hours:

Monday - Thursday 5:00am - 11:00pm
Friday 5:00am - 10:00 pm
Saturday 6:00am - 6:00pm
Sunday 7:00am - 5:00pm

Playroom Hours:

Monday - Sunday 8:00am - 1:30pm
Monday - Friday 4:00pm - 8:30pm

All SPIN classes are 55 minutes long with the exception of SPIN X-press. SPIN is a cardio-respiratory workout appropriate for all levels. In order to be properly situated on the SPIN bikes, it is recommended that all participants arrive 10-15 minutes before the beginning of each class.
(*) *Indicates that it is a sign-up class.*
Members must sign-up at the front desk on the day of the class.

THE GYM 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 SPIN 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.