

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.

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**



Group Atmosphere!

Music!

Spinning!

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

SESSION

Mondays **Wednesdays**

Par-Q Form Completed:

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

Session 1 Weeks of Nov 5 - Dec 10 - 6 weeks

1 day/week \$55

2 days/week \$85

Session 2 Week of Jan 7 - Feb 11 6 weeks

1 day/week \$55

2 days/week \$85

Session 3 Week of Feb 20 - Mar 18 4 weeks

1 day/week \$35

2 days/week \$60

Your Classes Are:

Mondays 6:15-7:15 pm

Wednesdays 6:15-7:15 pm

Session 1 Starts Nov 5

Session 2 Starts Jan 7

Session 3 Starts Feb 20

Please Note: There are no make-up classes

Come at least 15 minutes prior to your class to set up your bike and warm-up.



Bike storage is available on site

What To Bring:

Bicycle

Water Bottle

Cycling Clothes & Shoes

Towel

Smooth Rear Tire

Lots of Energy