SPINNING CLASSES-Spring 2013
Smith Wellness Center, Aerobics Room

Monday, 7:00-8:00 AM          Instructor:  Lisa Petricca          February 4th  (12 weeks)
Tuesday, 7:00-8:00 AM         Instructor:  Jeanne Kiernan            February 5th    (12 weeks)
Tuesday, 6:30-7:30 PM         Instructor:  Kelsi Sullivan                February 5th    (12 weeks)
Wednesday, 7:00-8:00 AM       Instructor:   Emily Vyse                  February 6th    (12 weeks)
Thursday, 7:00-8:00 AM         Instructor:  Kelsi Sullivan                February 7th    (11 weeks)
Thursday, 6:30-7:30 PM        Instructor:  Kara Brennan                February 7th    (11 weeks)
Sunday, 3:30-4:30 PM           Instructor:  Kara Brennan                February 10th   (11 weeks)
Sunday, 7:00-8:00 PM           Instructor:   Emily Vyse                   February 10th   (11 weeks)

All fees for classes payable to the instructor cash or check on the first day of class. Rate is $10.00 a class. (11-week session is $110.00, and 12 week session is $120.00)

Class Description
Spinning® involves routines that are designed to simulate terrain and situations similar to riding a bike outdoors. It can include hill climbs, sprints and interval training. The instructor uses music, motivation and enthusiastic coaching to lead students through a ride that best suits their fitness level and goals. Each person in the class can choose their own goals for the session. Students should bring water and a towel to class.

Exercise classes brought to you by, The Office of Wellness Programming, Hogan 225, Director, Fran Taylor, ftaylor@holycross.edu , X2302