

# SPINNING

STARTING OCTOBER 2018 THRU SPRING 2019

## MONDAYS

9:00am-10:00am w/Laura

## TUESDAYS

5:30 pm - 6:30 pm w/Chris

## WEDNESDAYS

5:30 pm - 6:30 pm w/Linda

## THURSDAYS

5:30 am - 6:30 am w/Chris

## FRIDAYS

9:00am-10:00am w/Laura

6:00 pm - 7:00 pm SPIN/BOOTCAMP w/Linda

## SATURDAYS

9:00am-10:00am SPIN w/Linda

(10:00am-11:00am 40GA)

**DROP IN VISIT \$5 \* 8 VISIT PUNCH CARD \$32**

Limited space available, please contact us to reserve your space in advance  
989.731.3546 or visit our website [www.ocsportsplex.com/fitness](http://www.ocsportsplex.com/fitness)



# *SPORTSPLEX*