

SPINNING

STARTING NOVEMBER 2019 THRU SPRING 2020

WEDNESDAYS

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

FRIDAYS

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

SATURDAYS

9:00am-10:00am SPIN w/Linda
(10:00am-11:00am YOGA)

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



sportsplex