

SPINNING

STARTING OCT 2ND, 2020 THRU OCT 31ST, 2020

MONDAYS

8:00 am - 9:00 am w/Laura

WEDNESDAYS

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

FRIDAYS

8:00 am - 9:00 am w/Laura

Friday Oct 30th-no 8am spin. A makeup day is scheduled for Oct 28th @ 8am.

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

SATURDAYS

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

(10:00am-11:00am YOGA)

OCTOBER UNLIMITED PASS \$40

Classes are limited to 10 people. Only 20 passes will be sold.

Please contact us to reserve your space in advance
989.731.3546. Visit our website www.ocsportsplex.com



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