



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## January Group Exercise Schedule Southern Saratoga

<b>Spinning Studio</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>Spinning</b> 05:30-06:30am Gene C.	<b>Spinning</b> 05:30-06:30am Russ L.	<b>Spinning</b> 05:30-06:30am Sheryl H.	<b>Spinning</b> 05:30-06:30am John B.	<b>Spinning</b> 05:30-06:30am Kristen C.	
						<b>Spinning</b> 07:30-08:30am Nancy U.
<b>Spinning: 2-Hour Endurance Ride</b> 08:00-10:00am Nancy U.	<b>Spinning</b> 08:15-09:15am Audra C.		<b>Spinning</b> 08:15-09:15am Ashley M.			
	<b>Spinning</b> 09:30-10:30am Becky W.	<b>Spinning</b> 09:30-10:30am Kristen H.	<b>Spinning</b> 09:30-10:30am Julie G.	<b>Spinning</b> 09:30-10:30am Cathy K.	<b>Spinning</b> 09:30-10:30am Beth G.	<b>Spinning</b> 09:00-10:00am Nancy U.
				<b>Spinning AOA</b> 10:45-11:45am Cathy K.		<b>Spinning - Learn to Spin</b> 10:15-11:15am Nancy U.
					<b>Spinning</b> 12:00-01:00pm Ashley M.	
				<b>Spinning</b> 04:30-05:30pm Audra C.		
					<b>Spinning</b> 05:30-06:30pm Beth G.	
	<b>Spinning</b> 06:00-07:00pm Kristen C.	<b>Spinning</b> 06:30-07:30pm Nancy U.	<b>Spinning</b> 06:00-07:00pm Peg S.	<b>Spinning</b> 06:30-07:30pm Nancy U.		

**Spinning:** 2-Hour Spin only on last Sunday of each month