

Class Description

Crank up the energy and burn major calories *FAST* in Sunset Hill's very own SPINNING[®] class led by Mad Dog Spinning certified instructors.

Everyone can adjust the difficulty of the ride and are encouraged to ride at their own pace - it's a class for everybody and a great way to lose yourself while training at your own level! This class will develop your cardiovascular strength and endurance like no other workout. Your instructor will lead you through different styles of rides with motivational music and class instruction. Enjoy the ride!



Be Courteous!

Refrain from using your cell phone during class— if you must take a call, you must leave the room to do so. If you choose to text/email during class, please take a bike at the back of the room as to not disturb the class.

Please refrain from excessive talking— Spinning is a great mind/body connection and talking takes away from the other riders' experience.

**Sunset
Hills**

Parks & Recreation

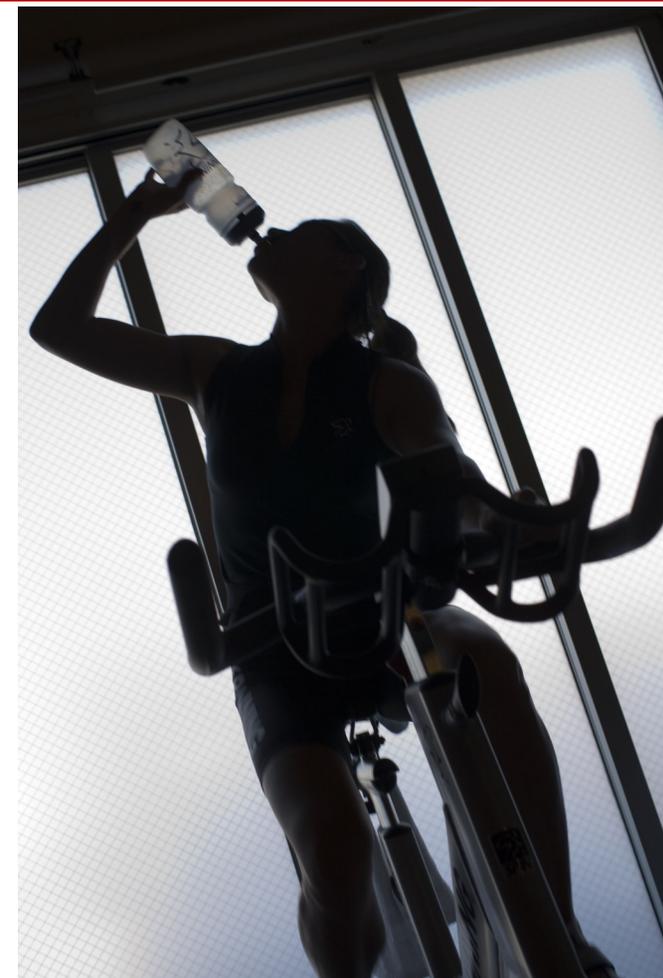
3915 S. Lindbergh Blvd.

St. Louis, MO 63127

(P) 314-842-7265

www.sunset-hills.com

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Guaranteed Results!

SCHEDULE

October 2-December 31 *

Monday	8:00am-8:50am "Spin and Strength" Laurie G.			6:30-7:20pm Katie	
Tuesday	6:00-6:50am Lauren	7:15-8:05am "Senior Spin" Laurie G.		6-7pm "Spin and Gym" Christy	
Wednesday				6:30-7:20pm Katie	
Thursday	6:00-6:50am Lauren	7:15-8:05am "Senior Spin" Laurie G.		6-7pm "Spin and Sculpt" Michelle	
Friday	8:00am-8:50am "Spin and Strength" Laurie G.	9:30-10:20am Christy			
Saturday	9:00-9:50am Katie				*Reduced Holiday Schedule 12/18-12/31, please call for classes

Program Details

Bike Reservations:

- 1) You can call **24 hours** prior the class you would like to attend to put your name on the reservation list– You may only reserve one bike and it must be for yourself
OR
- 1) Simply stop by the front desk before going down to the classroom no more than 30 minutes prior to class to see if there is a bike available

NOTE: Minimum of 3 and Maximum of 10 participants in each class. We will take up to 5 names on the waitlist for each class.

***If you are on the waitlist and there is an unclaimed ticket 5 minutes after the class start time, we will go in order of people who are on the waitlist and present at the front desk.**

Before Class:

- Check in at the front desk (you must verify identification with a Staff Member)
- Take your SPIN ticket from Staff Member
- Give SPIN ticket & proof of payment to instructor
- Enjoy your ride!

Please arrive at least 10-15 minutes early if you are new to SPINNING® for assistance with bike set up. If you have not claimed your spin ticket at least 5 minutes after the class start time, your ticket will be given to the next waitlist participant.

What to Bring:

- Please bring a closed water bottle (plain water only!)
- Bike shorts or comfortable riding shorts
- Shirt or tank top (midriff must be covered)
- Cycling or athletic shoes with socks. Cycling shoes must only be worn in spin room
- Heart rate monitor (if desired)



Feel a sense of belonging...

Pricing Information

Option 1: Daily

Member \$7
Non-Member \$10

Option 2: 20 Class Punchcard

Member \$100
Non-Member \$140