**Spin Class/Rock Steady Boxing Schedule**

**September 2020**

**SPIN ROOM**

**HIIT N’ Spin:** This is not just a spin class…this is High Intensity Interval Training! You will enhance your overall spin workout by improving endurance and building strength. \*\*No spin shoes are needed. Weights and bands will be provided for the strength training.

**Rock Steady Boxing:** Fight back against Parkinson’s with this 90 minute workout that focuses on balance, core, and boxing techniques(**Paid class)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
|  | ***5:30 AM***  *HIIT and Spin*  *Martha* |  | ***5:30 AM***  *HIIT and Spin*  *Martha* |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  | [A close up of a logo  Description automatically generated](https://www.signupgenius.com/go/30E0848AEA623ABF58-group)Click here or scan the QR Code to register for class | | |
|  |  |  |  |
|  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ROCK STEADY BOXING ROOM: UPSTAIRS (Special Clearance Required) | | | | | | |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**SPIN**



**Please note:** Class times are 60 minutes unless otherwise noted. Instructors and classes are subject to change.

**Sunday**

**8 a.m. – 5 p.m.**

**Saturday**

**8 a.m. – 5 p.m.**

**Monday – Friday**

**4:45 a.m. – 9 p.m.**