

Harry L. Coomes Recreation Center

Cycle Class Schedule

October/November/December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 6:15am Sunrise Spin	29	30 6:15am Sunrise Spin	31 6 pm Spintensity	1	2 8:05a Pulse
3	4 6:15am Sunrise Spin	5	6 6:15am Sunrise Spin	7 6 pm Spintensity	8	9 8:05a Pulse
10	11 Center Open 12 – 6 pm Veteran’s Day Observed	12	13 6:15am Sunrise Spin	14 6 pm Spintensity	15	16 8:05a Pulse
17	18 6:15am Sunrise Spin	19	20 6:15am Sunrise Spin	21 6 pm Spintensity	22	23 8:05a Pulse
24	25 6:15am Sunrise Spin	26	27 6:15am Sunrise Spin CENTER CLOSES 12 pm	28 CENTER CLOSED Happy Thanksgiving	29 CENTER CLOSED Happy Thanksgiving	30 CENTER OPEN 9-5p
1	2 6:15am Sunrise Spin	3	4 6:15am Sunrise Spin	5 6 pm Spintensity	6	7 8:05a Pulse

MUST OBTAIN FITNESS PASSES FROM FRONT DESK IN ORDER TO PARTICIPATE IN CLASSES

\$12.00 MEMBERS / \$24.00 NONMEMBERS FOR 6 PASS CARD

***Classes WILL begin at times listed; participants should arrive for classes 5 – 10 minutes early in order to be prepared to begin on time

******For safety purposes please do not enter classes once they have started**

Spin classes are limited to 10 participants. Room is available for those 16 yrs and older during times that classes are not scheduled. Towels and water are recommended.

Fitness Instructors / Group Descriptions listed on back

Sunrise Spin (Libby Woolwine/Lewis Woolwine)

Set your alarm early for this class that is guaranteed to start your day with a positive spin!! ”. Suitable for any fitness level.

Spintensity (Stephanie Wolfe)

Be ready to push yourself to the max with Sprints, Climbs, Surges, and Combos. Spintensity will rev up your heart after a long days work. Beware, it's addictive! Suitable for all fitness levels.

Pulse(Libby Woolwine)

“Ride to the rhythm. This class mixes a variety of tempos and drills over 45 minutes of great music!

Cycle Instructors

Libby Woolwine, Stephanie Wolfe, Lewis Woolwine, Ashlyn Griffith, Brittany Choate

Fitness Passes available at the front desk

IF THE COOMES RECREATION CENTER STAFF CAN BE OF ANY ASSISTANCE IN SCHEDULING CLASSES OR WITH INFORMATION, PLEASE CALL 276-623-5279