Fall Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM			Spinning® **Carmen** *please sign up by 9PM the night before class.				
7:30 AM					Spinning® Recovery **Kelly** *please sign up by 9PM the night before class.	**8 AM** Spinning® **Martha**	
9 AM	Spinning® **Kelly**		Spinning® **Martha**		Spinning® Recovery **Martha**	Mat Pilates+ **Martha**	Spinning® **Andrea/Kelly**
10 AM	Yin Yoga **Karin**		Mat Pilates+ **Martha**		Ball Works™ **Martha**	Spinning® **Kelly/Molly**	Gentle Yoga **Ange**
12:00 PM			Spinning® **Victoria**	Strong Foundations **Martha**			
5 PM	Spinning® **Janet**		Spinning® **Martha**				
5:30 PM		Spinning® **Michelle**		Spinning® **Martha**			
6 PM	Strong Foundations **Martha/Janet**		Strong Foundations **Martha**				
6:30 PM		Gentle Yoga **Amber**					

*NEW to Spinning®? Please come 15 min early for a bike fit.

Beginners can join any class and ride at your own pace.

*Classes outside of café hours please enter through the back door.

Introductory Trial $55 for 14 consecutive days
Purchase Options: 5 Class Passes, 10 Class Pass & month to month or annual memberships are available.

Strong Foundations – Use of balls, bands, dumbbells and body weight exercises to build on functional strength, stability, & mobility.

Ball Works™ - Use of exercise balls for balance, dumbbells & kettlebells for strength.

Mat Pilates+ - 50% Strength 50% Core/Mat Pilates

Book a class online: www.pedalworkscafe.com