

Fall Schedule starts Monday, September 14

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® Nate *please sign up by 9PM the night before class.			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
10 AM	Yin Yoga Karin		Mat Pilates+ Martha		Ball Works™ Martha	Spinning® 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