

## Winter Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM			Spinning® <b>Carmen</b> *please sign up by 9PM the night before class.				
7:30 AM					Spinning® <b>Kelly</b> *please sign up by 9PM the night before class.		
9 AM	Spinning® <b>Kelly</b>		Spinning® <b>Martha</b>		Spinning® <b>Martha</b>	Mat Pilates <b>Martha</b>	Spinning® Andrea
10 AM	Yin Yoga <b>Karin</b>		Mat Pilates <b>Martha</b>		Ball/Mat <b>Martha</b>	Spinning® <b>Martha</b>	Gentle Yoga <b>Tia</b>
11 AM							Spinning® <b>Molly</b>
12:00PM	Qi Gong <b>Amandina</b>						Mat Pilates <b>Donna</b>
4:30 PM							
5:30PM	Spinning® & Stretch <b>Janet</b>	Spinning® <b>Michelle</b>	Spinning® & Stretch <b>Martha</b>	Spinning® <b>Martha</b>			
6:30 PM		Gentle Yoga <b>Amber</b>		Warm Stretch & Facia Release <b>Martha</b>			

\*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** \$50 for 14 consecutive days

**Purchase Options:** 5 Class Passes, 10 Class Pass & month to month or annual memberships are available.

Book a class online: [www.pedalworkscafe.com](http://www.pedalworkscafe.com)