

## SPIN DESCRIPTION MARCH 2020

**SPIN JOURNEY:** A 45 MINUTE CYCLING CLASS THAT ALLOWS THE BODY TO GAIN CARDIOVASCULAR STRENGTH AND ENDURANCE.

**SPIN RIDE:** A 60 MINUTE CYCLING CLASS THAT ALLOWS THE BODY TO GAIN CARDIOVASCULAR STRENGTH AND ENDURANCE.



4500 S. Saginaw St Flint MI 48507

810-893-6489

**\*\*\*NEW TO SPINNING: PLEASE ARRIVE 5 - 10 MINUTES EARLY SO WE CAN PROPERLY FIT YOU TO THE BIKE FOR YOUR BEST RIDE POSSIBLE.**