

Early AM SPIN

Tues & Thurs 6:05am



Benefits of SPIN Class:

- Typical class burns 500 calories
- Improves endurance, cardiovascular health & mental strength!
- Enjoy riding together, at YOUR PACE. No one is left behind.
- Experience how time flies—we can “travel” anywhere on our bikes
- An effective, low-impact workout—easy on those knees & feet!
- Achieve toned, shapely legs
- Great abdominal workout

\$7 drop-in, \$55 for 10-punch pass
Text to reserve a bike 970.903.0290

Theresa Snyder



CERTIFIED:
Advanced
Personal Training

Functional
Fitness
Group Fitness
Senior Fitness

Classes:
SPIN
Pilates
Yoga

Nutrition
Counseling

Certified Trainer
since 2001

tas@sr-ranch.com

970-903-0290



SPIN

Tuesdays & Thursdays @ 6:05am

*SPIN is a great high-energy, low-impact workout to get your day started!
No experience necessary - spin at YOUR level. Please call to reserve a bike—
970-903-0290.*

- * Overall muscle toning*
- * Fat & Calorie Burning*
- * Skiing, snowshoeing & other sports*
- * Maintaining fitness through the winter months*

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All levels.

***Go at YOUR pace, for YOUR fitness level.
You will feel & see results quickly!***

SPIN

Fridays @ 6:05am

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No

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- * Fat & Calorie Burning*
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