

## Introduction to Spin Class

Have you ever wondered what's on the other side of that spin room door?

Are you wondering if spin is a workout that will help you reach your fitness goals?

Do you just want to know what a spin class is all about?

If so, please come join instructor Nancy Boudreau for a one hour introduction to spin!

### During this one hour class you will learn:

How to set up your bike

The terminology used in class

The hand positions and core movements of the Spinning Program

How to safely manage your movements on the bike

What to bring and wear to class

How to manage any physical limitations

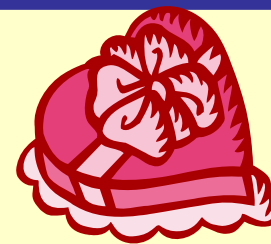
The class will be part information gathering and part ride. Nancy will get you started by setting up your bike with you and then share the information listed above. Next she'll take you through an abbreviated ride complete with warm up, a variety of drills and a cool down with stretch with time for questions at the end of the ride.

**Saturday February 11<sup>th</sup> 9:30 am**  
**PAY & SIGN UP AT THE FRONT DESK! (\$5.00 FEE)**



## **February Classes Heart Pumping Week:**

**Join the Reading Athletic Club Instructors for a Heart Pumping TAG TEAM WEEK! Heart Healthy Month**



**Monday February 13<sup>th</sup> 5:30am** Tag Team Spin w/Kim M. & Tayla S.

**Monday February 13<sup>th</sup> 10:00am** Tag Team Tabata w/Heather L. & Jodi S.

**Monday February 13<sup>th</sup> 6:30pm** Tag Team Spin w/Jennifer B. & Marnie Z.

**Monday February 13<sup>th</sup> 5:30pm** Tag Team EDGE Fit w/Kerry K & Lori H.  
(\$10 drop in SPECIAL RATE)

**Tuesday February 14<sup>th</sup> 10:00am** Tag Team 75 min Cardio Kick Boxing w/Lori H. & Rory W.

**Tuesday February 14<sup>th</sup> 8:15am** Tag Team Spin 8:15 am w/Kim M. & Wilston

**Tuesday February 14<sup>th</sup> 7:00pm** Tag Team Spin w/Tayla S. & Marnie Z.

**Wednesday February 15<sup>th</sup> 5:30am** Tag Team Muscle Cond. w/Rose R. & Jennifer B.

**Wednesday February 15<sup>th</sup> 9:15am** Tag Team Spin w/Lori H. & Marnie Z.

**Wednesday February 15<sup>th</sup> 4:30pm** Tag Team Spin w/Kerry K. & Lori H.

**Wednesday February 15<sup>th</sup> 6:30pm** Tag Team ZUMBA w/Joie E. & Stefanie S.

**Thursday February 16<sup>th</sup> 8:15am** Tag Team Spin w/Heather L. & Lori H.

**Thursday February 16<sup>th</sup> 6:00pm** Tag Team 55 Min Spin w/Nancy B & Kim M.

**Friday February 17<sup>th</sup> 4:30 pm** Tag Team Spin w/Marnie Z. & Kim M.

**Saturday February 18<sup>th</sup> 7:30 am** Tag Team Cardio Kick Boxing w/Joie E.. & Lori H.

**Saturday February 18<sup>th</sup> 9:30** EDGE Fit Tag Team w/Kelly W. & Lori H.  
(\$10 drop in SPECIAL RATE)

### **RAC ATTACK Back by popular demand**

**6:30am -7:30am \$10 a week (Runs until March 31<sup>st</sup>)**

#### **RAC Exclusive**

The latest in interval training...a maximum fat burner! A state of the art Kettle Bell/Treadmill workout that will burn between 850 – 900 calories

This new way to train your body is for ALL fitness levels. RAC ATTACK is a great way to improve cardiovascular capacity and increase strength

2012 is here! Start your year off right with a FREE Fitness Assessment that includes:

Body Fat percent  
Weight-loss secrets  
Workout with a certifies trainer

Ask the front desk, Michele or Sean for further details!

781-942-0099

Please remember if you sign up for a Spin Class at the Reading Rac and can not make it delete your spot, either online or call the club and we will help you out! We want to make sure that all get a chance to be a part of the RAC'S amazing classes!