

INDOOR CYCLING SCHEDULE

Effective March 2, 2019

LIVE SPINNING CLASSES

DAY	TIME	CLASS	INSTRUCTOR	DURATION
Monday	9:30am	Come & Cruise	Amy	45 min.
Monday	6:00pm	Spin Express	Veronica	45 min.
Wednesday	9:30am	Spinning	Kathleen	60 min.
Wednesday	6:30pm	Spin + Strength	Gail	60 min.
Friday	9:30am	Spin + Strength	Kathleen	60 min.
Saturday	8:30am	Spinning	Amy	60 min.

NOTE: 25 hour sign-up policy applies to live spinning classes.
Register online at www.cornerstoneclubs.com or call 215.918.5900

VIRTUAL INDOOR CYCLING SCHEDULE: 3/2 - 3/29

Monday | Alsace | 50 min.

6:00am 12:00pm 4:30pm 8:00pm

Tuesday | Dutch Hills | 45 min.

5:45am 7:30am 9:30am 1:00pm 4:30pm 5:30pm
7:30pm

Wednesday | San Jose Del Cabo | 40 min.

6:00am 12:00pm 4:30pm 8:00pm

Thursday | Passo del Vivione | 50 min.

5:45am, 7:30am 9:30am 1:00pm 4:30pm 5:30pm
7:30pm

Friday | Haute Saone | 25 min.

6:00am 7:30am 11:00am 4:30pm 5:30pm 6:30pm

Saturday | Saint Florent | 50 min.

7:15am 9:45am 1:00pm 4:00pm

Sunday | The Red Zone | 30 min.

8:00am 9:30am 10:30am 1:00pm 4:00pm

CLASS DESCRIPTIONS

Live Spinning® Classes

High energy indoor cycling at it's best!

Scenic Ride

This class allows you to enjoy the scenery while improving your cardio fitness. May or may not be led by a virtual coach.

Virtual Ride

This interval based ride focuses on improving cardio fitness. May or may not be led by an instructor.

Intro To Spinning Class

We strongly recommend that beginners to indoor cycling take Intro to Spin, *whether you intend to ride in a live or virtual class*. Intros are held throughout the month. See member services for more information.

Disclaimer

Virtual rides are unmonitored. Ride at your own risk. If you require assistance, please see the trainer on duty.

**Class times are approximate.*