

# INDOOR CYCLING SCHEDULE

Effective November 5, 2018

## LIVE SPINNING CLASSES

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

NOTE: 25 hour sign-up policy applies to live spinning classes.  
Register online at [www.cornerstoneclubs.com](http://www.cornerstoneclubs.com) or call 215.918.5900

## VIRTUAL INDOOR CYCLING SCHEDULE: 11/3 - 11/30

### Monday | The Red Zone | 30 min.

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

### Tuesday | Masca | 50 min.

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

### Wednesday | Val d'Isle | 45 min.

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

### Thursday | Zig Zag | 40 min.

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

### Friday | Canyon Lake, AZ | 55 min.

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

### Saturday | Swell | 45 min.

7:15am 9:45am 1:00pm 4:00pm  
(\*no 9:45am class on 11/10)

### Sunday | Kiedler Forest, Eng | 55 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.*