

Spinning

Update: 4/1/12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 – 6:15 a.m. Express Spin w/ Kristen	5:00 – 6:00 a.m. Spinning w/ Susanna	5:30 – 6:15 a.m. Express Spin w/ Kristen	5:00 – 6:00 a.m. Spinning w/ Susanna		8:30 – 9:30 a.m. Spinning w/ Tony
9:00 – 10:00 a.m. Spinning w/ Tony	12:00 – 12:45 p.m. Express Spin w/ Kristin	9:00 – 10:00 a.m. Spinning w/ Tony	12:00 – 12:45 p.m. Express Spin w/ Kristin	9:00 – 10:00 a.m. Spinning w/ Risa	
5:30 – 6:30 p.m. Spinning w/ Susanna	5:30 – 6:30 p.m. Spinning w/ Laura	5:30 – 6:30 p.m. Spinning w/ Laura	5:30 – 6:30 p.m. Spinning w/ Bryan		
					Sunday
					9:00 – 10:15 a.m. Spinning w/ Cheri

Our mission is to facilitate healthy lifestyles for everyone in our community regardless of age, experience or physical condition. Through consistency, credibility and professionalism, Chico Sports Club will strive to deliver superior customer service and assist its Members and Guests in creating a happier and healthier way of life.