





# SPINNING®

## SCHEDULE

Effective 3/28/2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM	SPINNING® <i>Lauren S.</i>	SPINNING® <i>Karim</i>	SPINNING® <i>Kelsey</i>	SPINNING® <i>Leah</i>	SPINNING® <i>Karim</i>	<p>All classes meet in the BodyWise Fitness Studio in the upper level of Putnam Refectory. In an effort to maintain and preserve the Fitness Equipment we ask that you change into your workout shoes at our facility whenever possible. Especially during inclement weather. Thank you for your cooperation.</p>	
12:00PM	 						
1:00 PM					SPINNING® <i>Sam</i>		
2:00 PM							SPINNING® <i>Laura</i>
3:00 PM	SPINNING® <i>Leah</i>	SPINNING® <i>Danielle</i>	SPINNING® <i>Taylor</i>	SPINNING® <i>Danielle</i>	SPINNING® <i>Karim</i>		
4:00 PM	SPINNING® <i>Leah</i>	SPINNING® <i>Bri</i>	SPINNING® <i>Cara</i>	SPINNING® <i>Lauren B.</i>	SPINNING® <i>Christine</i>		
5:00 PM	SPINNING® <i>Cara</i>	SPINNING® <i>Bri</i>	SPINNING® <i>Karim</i>	SPINNING® <i>Taylor</i>	<p><b>BodyWise Policies:</b> All class participants must bring their valid UCONN ID and must arrive <b>on time</b> to be admitted. It is highly encouraged that participants bring a water bottle and sweat towel to each class.</p>	Cycle Sculpt 4:30-6:00pm <i>Lauren C.</i>	
6:00 PM	SPINNING® <i>Christine</i>	SPINNING® <i>Christine</i>	SPINNING® <i>Lauren S.</i>	SPINNING® <i>Johanny</i>		SPINNING® <i>Laura</i>	
7:00 PM	SPINNING® <i>Johanny</i>	SPINNING® <i>Lauren C.</i>	SPINNING® <i>Meagan</i>	SPINNING® <i>Kelsey</i>		SPINNING® <i>Colleen</i>	
8:00 PM	SPINNING® <i>Meagan</i>	SPIN Pilates 8:00-9:30pm <i>Sam</i>	SPINNING® <i>Colleen</i>			SPINNING® <i>Lauren S.</i>	
9:00 PM							

For more information call 486.0002  
or visit: [web.uconn.edu/recreation/bodywise](http://web.uconn.edu/recreation/bodywise)



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