



SPINNING@UHN



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio 45 mins 7:00 am – 7:45 am	Cardio 30 mins 7:00 am – 7:30 am	Cardio 30 mins 6:00 am – 6:30 am	Cardio 45 mins 7:00 am – 7:45 am	Cardio 45 mins 6:00 am – 6:45 am
Cardio 30 mins 12:10 pm – 12:40 pm	Cardio 30 mins 1:10 pm – 1:40 pm	Cardio 30 mins 12:10 pm – 12:40 pm	Cardio 30 mins 1:10 pm – 1:40 pm	Cardio 30 mins 12:10 pm – 12:40 pm
Cardio 45 mins 4:30 pm – 5:15 pm	Cardio 45 mins 4:30 pm – 5:15 pm	Cardio 45 mins 4:30 pm – 5:15 pm	Cardio 45 mins 4:30 pm – 5:15 pm	Cardio 45 mins 4:30 pm – 5:15 pm
	Endurance 90 mins 5:30 pm – 7:00 pm			Endurance 90 mins 5:30 pm – 7:00 pm

What's The Cost?

Pay as you go:

- Cardio 30 mins** - \$8.00 per class + G.S.T. (\$8.40)
- Cardio 45 mins** - \$10.00 per class + G.S.T (\$10.50)
- Endurance 90 mins** - \$15.00 per class + G.S.T (\$15.75)

Express Passes:

- Cardio Express** - 10 classes \$80.00 + G.S.T. (\$84.00)
- Endurance Express** - 10 classes \$120.00 + G.S.T. (\$126.00)

Monthly Passes:(Unlimited monthly spinning)

- Cardio:** \$60.00 for 1 month, \$115.00 for 2 months, and \$165.00 for 3 months
- Endurance:** \$90.00 for 1 month, \$175.00 for 2 months, and \$240.00 for 3 months

Cost includes: Certified instructor led class and access to Fun2Bfit Change room / shower facilities.

What's right for you?

Cardio 30 mins – best if you are new to spinning, haven't spun for a while or are looking for a short moderate workout.

Cardio 45 mins – You are currently active or you have spun before and are looking for a moderate to high intensity workout.

Endurance – Ideal if you are training for the Ride to Conquer Cancer, a Triathlon, a Cycling Touring event or just love to spin! Train at your own pace in this class.

PLEASE NOTE: YOU MUST PRE REGISTER FOR SPIN CLASSES AT LEAST 24 HOURS BEFORE THE SCHEDULED CLASS TIME.

**The Spinning Studio is located in the Residence Building at 90 Gerrard Street West, in the room adjacent to Unity Hall
This schedule is effective March 30, 2009 – Contact Fun2Bfit @ 416-351-8651 for registration or more information.**