

FITNESS ONE

14 YOUNGSTOWN-WARREN RD * NILES, OHIO 44446 * 330.544.0165
www.fitnessoneniles.com

SPINNING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:15am Steve		9:30am Tony		9:30am Teri		9:00am COLLIDE Rich
	Noon Stephanie		Noon Erica		Noon Tony	
	5:45pm Scott	5:45pm Adrienne	5:45pm Geri	5:45pm Lisa/ Scott	4:30pm Jon	

Fitness One reserves the right to cancel a class if attendance is low and to substitute instructors as needed

To ensure that you benefit the most from our spinning program:

Please, if it's your 1st time, check in 15 minutes prior to class.

Please, bring your own headphones, water, and a towel.

Please, hydrate before, during & after classes! Once you are thirsty, you are already dehydrated!

And most importantly, please remember we are all on our own journeys.. with our own goals. Each class you participate in is *your class* there is no competition...be yourself & listen to your body!

COLLIDE – Spinning and Resistance Training – Free the Month of October!!!!

1 Spin \$7.00

10 Spins \$37.50 + tax

1 Month unlimited \$31.50 +tax