

# GE Spin Class

(1 Leader – 11 Bikes)



For the past 2 years we have trained clients in our “boutique” Spin Room. Like everything else at GE, Spin is no different – “it’s Personal” and performed for your Goals. We have retained a highly Professional Team of Spin Instructors that All have their own styles and approach to leading the class. They All have in common – Passion to Ride & give you a Gr8 Workout, utilize Motivating Music, and possess an Inspirational Style often times making the GE Spin Room – Steamy. Because of its intimacy, our Spin room adds to our GE TEAM environment because you will feel like you are on a ride together with the other 10 riders in the room. We offer Spin at Least 1x Daily and will expand our schedule as there is a need. Come give the GE Spin a try – as the first Class is FREE. Call today to make an appointment. The Spin schedule is listed below. (As of Memorial Day 2014)

MONDAY – 6am & 6pm with Victor

TUESDAY – 6am with Chrissy

WEDNESDAY – 6am with Audra, 6pm with Victor

THURSDAY – 6am with Felicia & 8:45am with GE Staff

FRIDAY – 6am with Chrissy

SATURDAY – 7am with Victor

