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| --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **TIME** | 2-4pm | OFF | 4:30pm | 5pm | 7am OR 7:30pm | 2-4pm | 12-2pm |
| **TYPE** | Long Run/Swim | REST DAY | Spin | Track | Spin | Swim | Brick/Long Bike |
| **LOCATION** | Brundage pool (rec center pool) |  | BodyWise Spin Studio | Outside Track  \*fieldhouse weather pertinent | BodyWise Spin Studio | Brundage pool (rec center pool) | Greer Fieldhouse |
| **PERSON IN CHARGE** | Stephen OR Matt |  | Lauren D | Coach Becky | Lauren C OR Lauren D | Coach Becky | Coach  Becky |

**ACTIVE: January 25th – May 3rd**

\*the track is located behind the rec center

*Other acceptable Spin class times:*

Lauren Cenci:

* Monday 6:30pm
* Wednesday 4:30pm
* Thursday 7am
* Friday 11:30am (spin + strength)

Lauren DeMarco:

* Tuesday 4:30pm
* Wednesday 7am (spin + core)
* Thursday 7:30pm