

Monica is Twistin' up your Spin Class!

Join Monica while she takes you for
the ride of your life...

For 60 and 90 minute classes!!



Limited Offering:

Spin 60

6:15-7:15pm

Thursday May 27th

Thursday June 24th

Thursday July 29th

Spin 90

10:30-Noon

Sunday June 6th

Sunday July 18th

Sunday August 15th

Please come join me and enjoy a great mix of music, motivation and enthusiastic coaching as I lead you through a ride that best suits their fitness level and goals. We will sprint, run, climb, jump and have a blast while getting fit!

Also don't miss out on my regularly scheduled 45 minute class every Thursday at 6:30pm!

~ Monica ~