

# Schwinn



# Indoor Cycling

## @ POTTERNE PARK

A super effective Cardiovascular workout using riding techniques to simulate uphill, downhill and flat stretches. A fantastic fat burning class full of energy (all classes must be booked).

<b>Monday</b>	9.30 - 10.10am	All Ability Spin
	6.15 - 6.45pm	Fat Burner
<b>Tuesday</b>	7.00 - 7.45am	Early Bird Spin
<b>Thursday</b>	6.30 - 7.00pm	Beginners Spin
	7.05 - 7.45pm	Intermediate Spin
<b>Friday</b>	9.30 - 10.15am	All Ability Spin
<b>Saturday</b>	9.15 - 10.00am	All Ability Spin

\*Winter timetable starts  
on Thursday 1st October 2009

Tel: **01202 821007**  
[www.verwoodleisure.co.uk](http://www.verwoodleisure.co.uk)

**Winter Timetable\***