

# Spin-Off Specialty Week

***August 18-August 22***



Spin-Off specialty classes are modifications of classes that are regular offerings on the weekly group exercise schedule.



- Monday, August 18: **BOSU Step** with *Abby* -> 11:30-12:15pm
- Tuesday, August 19: **Sports Conditioning Circuit** with *Kelci* -> 11:30-12:15pm
- Wednesday, August 20: **Body Weight Body Shop** with *Umair* -> 11:30-12:15pm
  - Thursday, August 21: **Cycle Plus** with *Roxy* -> 12:00-12:45pm
  - Friday, August 22: **Tabata** with *Heather* -> 11:30-12:15pm

**Sign-ups not required!**