



## La Center Community Education

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### SPIN 45:

*Instructor: NW Workouts team*

#### **FOR AGES 16\* & up**



Burn big calories (300-600 per class)! Spinning is a highly effective cardio & strength workout in one 45-minutes class, you'll ride a stationary bike to the beat of awesome music & burn up to 600 calories in the process. Your lungs will be pumping, while working your glutes, calves, quads, hamstrings & core. Indoor cycling can decrease body fat & body mass index & improve overall cardiovascular functions even if you attend just once per week!

*All fitness levels welcome, arrive 5-10 min early for bike settings & helpful class tips! (Bring a towel & plenty of water.)*

**MON. #8682-25A Sept. 24-Oct. 29, 2018 At 4:30PM**

**WED. #8682-25B Sept. 26-Oct. 31, 2018 At 5:30AM**

**FRI. #8682-25C Sept. 28-Nov. 2, 2018 At 5:30AM**

Held at NW Workouts Studio (112 N Main Street, Ridgefield 98642)

\*Parental consent required.

**Fee: \$59 (only 5 spots available in each class)**

[www.lacenterschools.org](http://www.lacenterschools.org)

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