

MARCH MADNESS Spin Challenge

How the challenge works...

- ★ Take two spin classes each week in March
- ★ You do NOT have to stay for the whole class
- ★ Write in your name on our star chart
- ★ After your class, place a star in the correct week
- ★ Only “count” your first 2 spin classes each week
- ★ No “banking” classes for future weeks
- ★ If you take additional classes later in the month, you can put a star in a missing spot of a prior week
- ★ Participants with a FULL star chart are entered in a drawing. One lucky winner gets to chose a FitnessWorks logo t-shirt!



11 classes every week offered Monday through Saturday...

Tuesdays and Thursdays at 8:30 AM are now offered by long-time coaches Doug and Danielle. Doug was a Navy SEAL for 10 years, and then a Middle School Teacher for 25 years (ask him which one was harder...). You won't miss a beat in his professionally guided awesome workout. Danielle has been the Group Fitness Manager here for 9 years; she is a Personal Trainer with Nutrition Certification. She's qualified to teach most of our class offerings and will give you a jam-packed fun-filled spinning experience.

Are you an early riser? We recommend Erin's and Libby's 45-minute classes every Wednesday and Friday at 5:30 AM. Erin is a teacher and a competitive body-builder, delivering a goldilocks workout that is just right. Libby is a long-time instructor for FW and a High School administrator with a PhD, so you can call her Spin Doctor. With her expert instruction, you are sure to reach your goals!

New to our line-up is a 30-minute afternoon class with Hailey at 4:45 PM, right before BodyPump. Hailey is an extreme athlete competing in Century Runs, Spartan Races, as well as competitive bodybuilding. She is sure to give you an ultra-experience. Hailey also teaches on Fridays at 8:30 AM.

Our 45-minute mid-morning classes tend to have less room, so make sure you sign up for...

- **Mike's Monday and Saturday classes at 8:30 AM and 9:15 AM.** Mike is a Cuesta College Math Professor, Cuesta Cross Country Running Coach and open heart surgery success story (careful, he's quick to show you his scar) and he can dance and groove like the best of them!
- **Katie's Wednesday class at 8:30 AM.** Katie is also a CORE and Pump instructor, business owner, photographer, Project Surf Camp organizer, wife, and mother of 3 girls and 4 dogs, and will motivate you to win best in show!

Learn more about Spin class sign-ups and view the Group Fitness Schedule on our [website](#).