



Spin

Saturday 31st October to Friday 27th November 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am		RPM Amanda		RPM Amanda		
10:30am						REVS Alma
5:30pm	RPM Doug					
6:30pm	RPM Amanda		RPM Doug			

*Class Descriptions and Class Etiquette are listed over page.
Please note that instructors may change without notice.*



Blacktown Leisure Centre Stanhope
Cnr Stanhope Parkway & Sentry Dr, Stanhope Gardens
www.blcs.blacktown.nsw.gov.au • 9421 2600



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Spin Class Descriptions

RPMTM Is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training, controlling the intensity of your workout with a resistance dial and pedal speed. Discover your athlete within - sweat and burn to reach your endorphin high.

REVS is a freestyle 50-minute indoor cycling class based on outdoor riding. You ride to inspirational music over the equivalent of 20-25 kilometres of varied terrain. Switch off and imagine you are in the Tour de France, or perhaps enjoying a cross country ride through the Blue Mountains... grab a Body Bike and get set for an exhilarating cardio experience.

Etiquette

- Please arrive on time, no admittance will be allowed after class commences.
- Class cards will be issued by front desk staff. Please keep the card until it is requested by the instructor.
- Please be sure to bring a towel & water bottle to class.
- Classes and Instructors may change at short notice.
- Please inform instructor of any injuries, health problems, pregnancy or special needs.
- Participants in Group Fitness and Spin classes must be 15 years or over, Aqua classes need to be 12 years or over, unless prior approval given.
- No children/ spectators allowed in Group Fitness or Spin Studios whilst classes are in progress.
- Questions & feedback are always welcome.
- All Fitness Classes run for 55 mins. Spin and Aqua classed run for 45 to 55 minutes.

Sandcastles Crèche

- Sandcastle Crèche times – Mon. to Sat. 9:00am to 12:30pm, Mon., Tues. & Wed., 5:00pm to 8:00pm.
- Minimum age 8 weeks, maximum age 10 years.
- Sandcastles Crèche dockets will be issued by Reception staff.
- Please allow time before class to sign & settle children into Sandcastles Crèche.
- Parents will be called to Sandcastles if children become distressed or unwell.

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