






SPINNING® - JUNE 2009



All classes are 60 minutes except where noted (45 or 75 minutes). Phone us at 248-540-9596. The schedule can be viewed on our web site at www.oaklandathleticclub.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CANCELLATIONS: No Sat. 9:15AM classes in June</p> <p>CHANGES: Wednesday night ride begins at 6:00PM</p>	1 Noon Lunch Spin-45 min Missy 6:15pm Endurance -75min Jim	2 5:45am Strength – 45 min Ron 6:35am Strength – 45 min Ron 6:00pm Strength Jen	3 6:35am All Terrain –45 min Joe Noon Lunch Spin-45 min Jerry 6:00pm CANCELLED	4 7:30am Endurance Jerry 5:45pm All Terrain Jen	5 5:45am Strength Ron	6 8:00am Intervals Jim
7 8:45am Intervals Vanessa	8 Noon Lunch Spin-45 min Christina 6:15pm All Terrain-75min Jim	9 5:45am All Terrain – 45 min Ron 6:35am All Terrain – 45 min Ron 6:00pm Endurance Jen	10 6:35am Intervals-45 min Christina Noon Lunch Spin-45 min Jerry 6:00pm All Terrain Jerry	11 7:30am Intervals Missy 5:45pm Intervals Jen	12 5:45am Endurance Ron	13 8:00am Strength Jerry
14 8:45am All Terrain Liz	15 Noon Lunch Spin-45 min Christina 6:15pm Strength-75min Joe	16 5:45am Intervals – 45 min Ron 6:35am Intervals – 45 min Ron 6:00pm All Terrain Jen	17 6:35am Strength-45 min Christina Noon Lunch Spin-45 min Jerry 6:00pm Intervals Jim	18 7:30am Strength Jerry 5:45pm Strength Jen	19 5:45am All Terrain Ron	20 8:00am Endurance Jim  Summer begins tomorrow!
21 8:45am Strength Vanessa Happy Father's Day 	22 Noon Lunch Spin-45 min Christina 6:15pm Intervals-75min Missy	23 5:45am Strength – 45 min Ron 6:35am Strength – 45 min Ron 6:00pm Intervals Jen	24 6:35am Strength-45 min Christina Noon Lunch Spin-45 min Jerry 6:00pm Strength Jim	25 7:30am THEME DAY: "It was a good ride..." Jerry 5:45pm All Terrain Jen	26 5:45am Strength Ron	27 8:00am All Terrain Jen
28 8:45am Intervals Vanessa	29 Noon Lunch Spin-45 min Christina 6:15pm All Terrain Missy	30 5:45am All Terrain – 45 min Ron 6:35am All Terrain – 45 min Ron 6:00pm RACE DAY Jen	<p>Spinning® Energy Zones™ All Terrain-Flats, climbs, jumps, sprints at 65%-85% MHR* Strength-Seated and standing climbs at 75%-85% MHR* Endurance-Steady flats and climbs at 65th%-75% MHR* Intervals-Flats and climbs with recoveries at 65%-92% MHR* Race Day-Flats, climbs, sprints at 80%-92% MHR* * Maximum Heart Rate</p>		 Farewell, OAC friends!	