

# SID JACOBSON JCC SPIN SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:10am Colors with Rob	8-8:55am Colors	6:15-7:10am Colors with Yossi	7:45-8:40am Scenic with Phil	6:15-7:10am Virtual with Phil	8-8:55am Back to Basics Spin with Karen	8:15-9:10am Power (\$) with Yossi
9:30-10:25am Colors with Rob	9:30-10:25am Connect with Constance	8:15-9:10am Colors with Jill	9:30-10:25am Spin to the Oldies with Jill	8:15-9:10am Spin w/HR Monitor with Lauren	9:45-10:40am Cycle Strength with Caren	9:30-10:25am Colors with Yossi
12:30-1pm FTP Testing		9:30-10am FTP Testing	6:30-7:25pm Power (\$) with Rob	6:30-7pm FTP Testing		
		7-7:55pm Scenic with Phil		7-7:55pm Colors with Tomas		

## COLORS

Use the color mode to keep you in the correct training zone determined by your FTP.  
\$20 / members free

## VIRTUAL

On-screen instructor only.  
\$20 / members free

## SCENIC

Captivating scenes on our big screen, plus on-screen instructor.  
\$20 / members free

## CONNECT

Instructor's choice: scenic, virtual, competitions and more.  
\$20 / members free

## POWER

The works! Must have your FTP. Live instructor, big screen and team battles.  
\$25 / members \$10

## FTP TESTING

Our new Coach by Color® system uses your FTP number to keep you within your correct training zones and allows you to increase your fitness level on an even playing field with all class participants. We recommend re-testing every 6 weeks. Registration required.  
\$20 / free to members

All classes are 55 minutes.



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FOR MORE INFORMATION, CONTACT YOSSI BEN-DAVID, GROUP EXERCISE DIRECTOR, 516.484.1545 EXT. 224, YBENDAVID@SJJCC.ORG