

Spin Class

Goose Creek Activity Center

Spin Fitness provides calorie burning workouts, meant to challenge and encourage you to achieve your fitness goals.

Classes are taught by nationally certified instructors.

Join Tracy on Tuesday evening (5:30-6:15pm)

or

Robin on Wednesday evening (6:45-7:30pm)

Open to all fitness levels!



FEES:

\$20 per session

\$7 daily

Pay for ONE monthly session and additional session is

\$15

MONTHLY SPIN CLASSES

CHOICE OF SESSIONS:

Tuesday, 5:30-6:15pm

or

Wednesday, 6:45-7:30pm



visit us at www.cityofgoosecreek.com