



AGES 17+ Years and Adults
TIME Weekly 45 or 60 Minute Classes
COST FREE for All Fitness Members (JOIN TODAY!)
 Drop In Non-Member Rate: \$15.00
 \$125 for 10 Class Package
QUESTIONS groupfitness@copperminefitness.com

COPPERMINE SPIN

A 45-minute cardiovascular workout based on the principles of cycling. Combines rhythm of the music and creative coaching from instructor. 60 minute classes include use of light weights for upper body workout.

CYCLE CROSS

Class starts on spin bikes for a cardiovascular workout based on the principles of cycling, moves to Interval training exercises off the bikes, finishing class back on the bikes.

SPIN GROUP FITNESS SCHEDULE

VISIT OUR WEBSITE FOR UP TO DATE SCHEDULES AND POLICIES

KID ZONE HOURS:

MON-FRI: 8AM-2PM • MON-FRI: 5-8PM • SAT & SUN: 8AM-12PM

COPPERMINE RACQUET & FITNESS				1420 CLARKVIEW ROAD BALTIMORE, MD 21209		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am (45min) COPPERMINE SPIN Lauren Z	6:15am (45min) COPPERMINE SPIN Courtney		6:15am (45min) COPPERMINE SPIN Nina			
8:30am (60min) COPPERMINE SPIN Allison		7:15am (45min) COPPERMINE SPIN Allison		7:15am (45min) COPPERMINE SPIN Courtney		
		8:30am (45min) COPPERMINE SPIN Cynthia	9:30am (60min) SPIN CROSS Lindsay <i>Tennis Shoes Required</i>	8:30am (45min) COPPERMINE SPIN Allison	8:00am (60min) COPPERMINE SPIN Brian	8:30am (45min) COPPERMINE SPIN Nina
	9:30am (60min) COPPERMINE SPIN Allie		12:15pm (45min) COPPERMINE SPIN Allie		9:15am (45min) COPPERMINE SPIN Lauren Z	9:30am (45min) COPPERMINE SPIN Courtney
6:00pm (45min) COPPERMINE SPIN Nina/Lauren	6:15pm (45min) COPPERMINE SPIN Brittany	6:00pm (60min) COPPERMINE SPIN Lindsay	6:15pm (45min) COPPERMINE SPIN Lauren Z			

Schedule Effective: April 8th, 2019

JOIN TODAY!

410-823-2500

WWW.COPPERMINEFITNESS.COM