DAY: MONDAY EVENING
TIME: 5:00-6:00PM
STARTS NOVEMBER 6TH!!!!!
WHERE: OUC SHOEMAKER CENTER
INSTRUCTOR: KIMBERLY LASHLEY
$5.00 PER CLASS
or
FREE TO OUC HEALTH & WELLNESS MEMBERS!!

SPINNING IS BACK!!
OUC Health & Wellness Center
740-774-7760
OUC-HealthandWellness@ohio.edu
Like us on Facebook!!

Spinning utilizes spin bikes which are a type of stationary bike. In this group fitness environment the instructor will guide you through your workout with varying tempos (speed) and visualization of outdoor terrane. You could be pedaling along a flat road, headed up a steep hill, sprinting or jumping.

Every fitness level is welcome and encouraged to join in the fun!!