

# SPINNING

ALL FITNESS LEVELS ARE WELCOME

## MONDAYS

7:00 am - 8:00 am w/Laura beginning 10/2/23

## WEDNESDAYS

7:00 am - 8:00 am w/Laura beginning 10/2/23

5:45 pm - 6:45 pm w/Linda beginning 12/6/23

## FRIDAYS

7:00 am - 8:00 am w/Laura beginning 10/2/23

5:45 pm - 6:45 pm w/Linda beginning 12/6/23



# sportsplex

Please contact us to reserve your space in advance  
989.731.3546. Visit our website [www.ocsportsplex.com](http://www.ocsportsplex.com)

### Instructor Lead Fitness

Aquafit, Spin, Yoga, Bootcamp

	Drop in OTSEGO	Drop in Non-Resident	10 visits OTSEGO	10 visits Non-Resident
Adult	7	9	56	72
Senior/Vet	6	8	48	64

### Instructor Lead Fitness Unlimited

Aquafit, Spin, Yoga and Bootcamp

	OTSEGO	Non-Resident
Adult 30-day unlimited	100	125
Senior/Veteran 30-day unlimited	85	105