



 **FAC**

SUMMER SPIN

WITH

CHRIS ADAMS

JULY 10 @ 6:00 AM

JULY 16 @ 5:45 PM

REGISTRATION REQUIRED

FREE TRIAL CLASSES

CALL TO REGISTER 616.847.5858



All Spin Classes include a bike the world video to enhance your experience. You will train a variety of styles including tempo, sprints, endurance, and hills. Come enjoy the ride!