

Our 8 week SPIN and Core course will help you to strengthen your core muscles, maximize your cardiovascular routine and burn calories more efficiently. Begin with an intense SPIN routine, guided by certified SPIN instructor Mandy Witt. Then, work your core by increasing the recruitment efficiency of the smaller, deeper stabilizing muscles around the hips, abs, glutes and low back. The core is literally the power center of the body, and serves as the physical bridge that allows for dynamic, powerful, coordinated, skillful, and integrated responses of the whole body. Every move we make begins with the core! Cost is \$199 for this three times each week, 8 week class (24 sessions).