

HIGH ENERGY SPIN CLASS

Ready to sweat and ride with the team? Reserve your spot now.
What to expect: Motivational vibes, intense cardio, fat-burning intervals.
All levels are welcome!!!



Instructor: Alisa Henry

Saturdays

Dates:: 9/20/25 - 10/26/25
10:30-11:15 am
\$38 CH Residents
\$44 Non-Residents
Aerobic Room

Contact Us

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